

State Board of Chiropractic Examiners

To Whom It May Concern:

This letter is to state that through a contract with Parker University and the Director of Parker Professional Programs, the below instructor(s) are of post-graduate level and affiliated with Parker University to teach the courses covered for “Parker Seminar Vegas 2025”. The documentation appears to fall within the chiropractic guidelines of the various state boards.

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

Nicky Kirk	Tammy Fogarty	John Floyd	Andrea Diaz
Rebecca Scott	MaryAnne Dimak	John Cho	Dan Murphy
Faye Deane	Steve Rallis	Irum Tahir	Dan John
Cliff Tao	Chris Cantu	Andy Galpin	Tim Bertelsman
Nichelle Gurule	Ashkan Jalili	Tommy Woods	Lindsay Mumma
Kristi Hudson	Gregg Friedman	Dana Hollandsworth	J. Donald Dishman
Thomas DeLauer	Lisa Goodman	Kathy Weidner	April Lee
Kelly Starrett	Greg Rose	Brandon Steele	Kyl Smith
Brett Winchester	Cody Dimak	Angela Duckworth	Richard Harris
Heidi Haavik	Cody Burkhart	Jenna Romanelli	Ben Greenfield
Josh Satterlee	Gabrielle Lyon	Rebecca Scott	Andrew Huberman
Richard Brown	Faye Deane	Dan Gardner	Christine Foss
Brian Nook	James Geiselman		

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

Sincerely,



Phyllis Frase-Charrette
Director of Professional Programs

METHOD OF CERTIFYING ATTENDANCE AT THE SEMINAR

1. **Name of Course:** Parker Seminar Vegas 2025
2. **Organization sponsoring the course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study hours required:** 15 DC hours physically possible, 73 DC hours total
5. **Instructor(s):**

Parker University
Continuing Education
2540 Walnut Hill Lane
Dallas, Texas 75229
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Nicky Kirk	Tammy Fogarty	John Floyd	Andrea Diaz
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Richard Brown	Faye Deane	Dan Gardner	Christine Foss
Brian Nook	James Geiselman		

6. The educational background and experience of the instructor(s) are on file in the University offices.
7. **Attendance verification method and certifying officer:** A photo identification is required to obtain the sign-in and out badge/card. The attendees' card/badge is time-stamped each time the attendee enters and exits the lecture room. Full credit for attendance is contingent upon full attendance. Attendance is certified through the use of an attendance credit voucher, which is certified by an authorized monitor appointed by Phyllis Frase-Charrette, Director of CE, and remitted to the state and/or doctor.
8. **Textbooks and/or equipment required:** N/A
9. **Outline of material covered:** Attached
10. **Location(s):** Las Vegas, NV
Date(s): March 20-22, 2025



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PARKER SEMINARS PRESENTS

INNOVATE. EMPOWER. TRANSFORM.

Join us at the brand-new Caesars Forum Event Center in Las Vegas for an extraordinary three-day experience that redefines possibilities.

Featuring a world-class lineup of visionary speakers in business, human performance, healthcare, technology, and leadership, Parker Seminars bridges its rich chiropractic heritage with a forward-thinking approach to empower innovators and leaders across industries.

Be part of the movement driving global transformation!

Seminar Dates: March 20-22, 2025: 8:30am - 6:30pm

Seminar Location: Caesars Forum Event Center

Las Vegas 2025

Wednesday, March 19, 2025

Premier Track 8 hours		
8:00-8:30	01	Introduction to the World of Sport (30 minutes)
8:30-10:30	2	Hip Assessment Christine Foss, James Geiselman, Brian Nook DC CE / NSCA
10:30-11:30	2	Knee Assessment Christine Foss, James Geiselman, Brian Nook DC CE / NSCA
11:30-11:55		Break
1:00-1:15	2	Ankle Assessment Christine Foss, James Geiselman, Brian Nook DC CE / NSCA
1:15-1:30		Break
1:30-5:30	2	Foot Assessment Christine Foss, James Geiselman, Brian Nook DC CE / NSCA
5:30-6:30	1	FICS Sponsored Laser Session Emvois Open to any participants from Parker Seminar

Las Vegas 2025

Thursday, March 20, 2025

Premier Track (4 hours)											
8:00-9:30	1	All People, All Ages, All Nations The Role of Chiropractors in Global Public Health Richard Brown DC CE	Techniques in Rehabilitation Blood Flow Restriction Nicky Kirk DC CE	Implementing Nutrition Strategies in Patient Care: A Guide for Healthcare Professionals Tammy Fogarty DC CE	Avoiding Malpractice Claims and Defending the Doctor at Trial: Strategies John Floyd DC CE	PMS and Chiropractic Care Andrea Diaz DC CE	Foundations for Successful Collections: Data Gathering Rebecca Scott CA/DC CE	The Antifragile Female: Is Strength Training a Key Factor? MaryAnne Dimak DC CE	Integrating MSK US into Practice: Benefits, Challenges, and Practical Tips John Cho DC CE	Rehab Considerations Christine Foss, James Geiselman, Brian Nook DC CE / NSCA	
9:30-10:00		Welcome Address-William E. Morgan Why Connected Thinkers Will Rule the Future Jay Shetty NO CE									
10:00-11:30	2	Medicine and Chiropractic Care Dan Murphy DC CE	Biohacking Basics: Strategies for Chiropractors Integrating Science into Practice Faye Deane DC CE	Chiropractic and the Anxiety Epidemic: Decoding the Nutrient Imbalances that Will Unlock Your Patient's Anxiety Steve Hallis DC CE	The Winning Strategy: Systems for Youth Sports Chiropractic Success Jason Hulme NO CE	Complex Pelvic Issues in Women's Health Irum Tahir DC CE	What Do Your Office Policies, Procedures, and Scripting Say About Your Practice and Why This is So Important? Cindy Parks CA CE	Bounce, the Art and Science of Resilience - Part I Dan John DC CE	Radiology Error Part I Chiff Tao DC CE	Taping considerations & Soft Tissue - Hip and Knee Christine Foss, James Geiselman, Brian Nook DC CE / NSCA	
11:30-1:30	1	FPES Uncovered: Pediatric Food Sensitivities Diagnosis and Treatment Chris Caste DC CE	Human Performance Innovations: Tools, Technologies, and Tactics Andy Galpin DC CE / NSCA	Practical Research Insights: 5 New Skills That Improve MSK Patient Outcomes Tim Bertelmann DC CE	From Hire to Inspire: Creating a Culture of Excellence Lisa Goodman NO CE	Lifelong Pelvic Health: A Blueprint for Chiropractic Care from Pregnancy to Postpartum Nichelle Gurule DC CE	Scripting: Why You Shouldn't Hate It and Scripts You Will Love Cindy Parks CA CE	Bounce, the Art and Science of Resilience - Part II Dan John DC CE	Radiology Error Part II Chiff Tao DC CE	Soft Tissue Ankle and Foot Christine Foss, James Geiselman, Brian Nook DC CE / NSCA	
1:30-5:30	1	Enhancing Longevity through Neuroscience: Insights from Andrew Huberman Andrew Huberman DC / CA CE - 1 Hr									

Las Vegas 2025

Friday, March 21, 2025

Premier Track (Additional Fee Required)											
8:00-9:30	1	Hidden Concussions in Sports Sub-Concussive vs. Concussive Impacts Ashkan Izadi DC CE	Cognitive Enhancement and Cognitive Decline Tommy Wood DC CE	Pediatric Movement Assessment Lindsay Mamma DC CE	Hiring and Keeping Staff in a "Terrible Market" Margaret Smith NO CE	Using Technology to Improve Outcomes Through Patient Engagement and Practice Efficiency Kristi Hudson DC/CA CE	Ethical Billing and Coding - Part I Gregg Friedman California DC CE Only	Capacity and Adaptability: Adjusting Your Patients and Mindset in Practice Dana Hollandsworth DC CE	Exercise Technique - Part I Andy Galpin and Dan Garner DC CE / NSCA		
9:30-10:00		True Grit Angela Duckworth DC/CA CE									
10:00-11:30	2	Chiropractic Management of the Dizzy patient J. Donald Dushman DC CE	How to improve stamina, performance, and longevity while also losing bodyfat Thomas DeLauer DC CE	Small Changes, Big Impact: Life Hacks for Infants, Kids, and Teens Lisa Goodman DC CE	Work Smarter NOT Harder: 5 Steps to a Productive Team Alex Vidan NO CE	Medicare Mastery: From Fundamentals to Complicated Compliance Kathy Weidner and April Lee DC/CA CE	Ethics and Law Gregg Friedman California DC CE Only	Performance Therapy: Integrating the Provider into a High-Performance Sport Model Kelly Starratt DC CE / NSCA	Practical Application of Hypertrophy Training: Upper and Lower Body - Part II Andy Galpin and Dan Garner DC CE / NSCA		
11:30-1:30	1	Improving Thorax Mobility Dysfunction in Rotary Athletes Greg Rose DC CE	Thriving Through Menopause: Nutrition and Lifestyle Strategies for Optimal Health Tammy Fogarty DC CE	Pediatric Movement Advocacy for Long-Term Health MaryAnne Dimak DC CE	Your AI-Powered Chiropractic Marketing Plan Billy Sticker NO CE	Empower Your Team While Minimizing Risk Kathy Weidner and April Lee DC/CA CE	Ethical Billing and Coding - Part II Gregg Friedman California DC CE Only	Performance Therapy: Integrating the Provider into a High-Performance Sport Model Part II Andy Galpin and Dan Garner DC CE / NSCA	Practical Applications of Technique - Part III Andy Galpin and Dan Garner DC CE / NSCA		
1:30-5:30	0	Twelve and a Half Gary Vaynerchuk NO CE									

Las Vegas 2025

Saturday, March 22, 2025

Premier Track (Additional Fee Required)											
8:00-9:30	1	Mastering Hip Pain: 3 Critical Patterns You Should Recognize Brandon Steele DC CE	Hidden in Plain Sight: Three key factors that can change everything Kyl Smith DC CE	The Lost Art of the Adjustment: Honoring the Past, Progressing Forward - Part I Brett Winchester DC CE / NSCA	Growing a Successful Chiropractic Practice: A Systematic Approach to Business Excellence Beau Pierce NO CE	Core Values of a Productive Team Alex Vidan CA CE	History Taking Gregg Friedman California DC CE Only	Strength Training for Athletic Shoulder Rehabilitation Cody Dimak DC CE / NSCA	Principles of Speed, Power, and Strength - Part I Andy Galpin and Dan Garner DC CE / NSCA		
9:30-10:00		Versus Supplements and Lifestyle Vs Medications Richard Harris II DC/CA CE - 1 Hr									
10:00-11:30	1	Chiropractic Care and the Default Mode Network Heidi Haavik DC CE	The Human as a Sensor: Elevating Care Through Human-Centric Insights Cody Burkhart DC CE	The Lost Art of the Adjustment: Honoring the Past, Progressing Forward - Part II Brett Winchester DC CE / NSCA	Maximizing New Patient Retention Josh Satterlee NO CE	Slay All Day: How Rockstar Chiropractors Run the Show While Making It Look Easy Beau Pierce CA CE	Physical Examination Gregg Friedman California DC CE Only	Fueling Athletes with Fad Diets: Foolish or Foolproof? Jenna Romanelli DC CE / NSCA	Practical Application of Speed, Power, and Strength - Part II Andy Galpin and Dan Garner DC CE / NSCA		
11:30-1:30	1	Improve Sleep Quality to Decrease Musculoskeletal Pain Kyl Smith DC CE	Upgrade Your Brain, Optimize Your Body, and Defy Aging: 5 Key Principles Ben Greenfield DC CE	The Lost Art of the Adjustment (Honoring the Past, Progressing Forward - Part III) Brett Winchester DC CE / NSCA	The Patient Reactivation Revolution: Grow Your Practice Without Chasing New Patients Jeff Langmaid NO CE	The Bigness of Chiropractic Rose Lepien CA CE	Medical Errors Gregg Friedman California DC CE Only	Assessing and Bulletproofing High-Performance Shoulders Josh Satterlee DC CE / NSCA	Program Design of Hypertrophy Training - Part II Andy Galpin and Dan Garner DC CE / NSCA		
1:30-5:30	1	Forever Strong: The Keys to Health and Longevity Gabrielle Lyon DC/CA CE - 1 Hr									



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

Doctor of Chiropractic CE ATTENDANCE VOUCHER

Course Title: **Parker Seminars Vegas 2025**
 Location: **Las Vegas, Nevada**
 Seminar Dates: **3/20/25 8:30am-6:30pm**
3/21/25 8:30am-6:30pm
3/22/25 8:30am-5:30pm

State [only one per voucher]: _____ Your State DC License #: _____

Time	Name	Topic of Discussion	CE Hours
Wednesday March 19, 2025			
8:30am - 10:30am	Christine Foss, James Geiselman, Brian Nook	Hip Assessment	
10:30am - 12:30pm	Christine Foss, James Geiselman, Brian Nook	Knee Assessment	
1:15pm – 3:15pm	Christine Foss, James Geiselman, Brian Nook	Ankle Assessment	
3.30pm - 5.30pm	Christine Foss, James Geiselman, Brian Nook	Foot Assessment	
Thursday March 20, 2025			
8:30am - 9:30am	Richard Brown	All People, All Ages, All Nations The Role of Chiropractors in Global Public Health	
8:30am - 9:30am	Nicky Kirk	Techniques in Rehabilitation Blood Flow Restriction	
8:30am - 9:30am	Tammy Fogarty	Implementing Nutrition Strategies in Patient Care: A Guide for Healthcare Professionals	
8:30am - 9:30am	John Floyd	Avoiding Malpractice Claims and Defending the Doctor at Trial: Strategies	
8:30am - 9:30am	Andrea Diaz	PMS and Chiropractic Care	
8:30am - 9:30am	Rebecca Scott	Foundations for Successful Collections: Data Gathering	
8:30am - 9:30am	MaryAnne Dimak	The Antifragile Female: Is Strength Training a Key Factor?	
8:30am - 9:30am	John Cho	Integrating MSK US into Practice: Benefits, Challenges, and Practical Tips	
8:30am - 9:30am	Christine Foss, James Geiselman, Brian Nook	Rehab Considerations	
1:00pm - 3:00pm	Dan Murphy	Medicine and Chiropractic Care	
1:00pm - 3:00pm	Faye Deane	Biohacking Basics: Strategies for Chiropractors Integrating Science into Practice	
1:00pm - 3:00pm	Steve Rallis	Chiropractic and the Anxiety Epidemic: Decoding the Nutrient Imbalances that Will Unlock Your Patient's Anxiety	
1:00pm - 3:00pm	Irum Tahir	Complex Pelvic Issues in Women's Health	
1:00pm - 3:00pm	Dan John	Bounce, the Art and Science of Resilience - Part I	
1:00pm - 3:00pm	Cliff Tao	Radiology Error Part I	
1:00pm - 3:00pm	Christine Foss, James Geiselman, Brian Nook	Taping considerations & Soft Tissue - Hip and Knee	
3:30pm - 4:30pm	Chris Cantu	FPIES Uncovered: Pediatric Food Sensitivities Diagnosis and Treatment	
3:30pm - 4:30pm	Andy Galpin	Human Performance Innovations: Tools, Technologies, and Tactics	
3:30pm - 4:30pm	Tim Bertelsman	Practical Research Insights: 5 New Skills That Improve MSK Patient Outcomes	

3:30pm - 4:30pm	Nichelle Gurule	Lifelong Pelvic Health: A Blueprint for Chiropractic Care from Pregnancy to Postpartum	
3:30pm - 4:30pm	Dan John	Bounce, the Art and Science of Resilience - Part II	
3:30pm - 4:30pm	Cliff Tao	Radiology Error Part II	
3:30pm - 4:30pm	Christine Foss, James Geiselman, Brian Nook	Soft Tissue Ankle and Foot	
5:00pm - 6:30pm	Andrew Huberman	Enhancing Longevity through Neuroscience: Insights from Andrew Huberman	
Friday March 21, 2025			
8:30am - 9:30am	Ashkan Jalili	Hidden Concussions in Sports Sub-Concussive vs. Concussive Impacts	
8:30am - 9:30am	Tommy Wood	Cognitive Enhancement and Cognitive Decline	
8:30am - 9:30am	Lindsay Mumma	Pediatric Movement Assessment	
8:30am - 9:30am	Kristi Hudson	Using Technology to Improve Outcomes Through Patient Engagement and Practice Efficiency	
8:30am - 9:30am	Dana Hollandsworth	Capacity and Adaptability: Adjusting Your Patients and Mindset in Practice	
8:30am - 9:30am	Andy Galpin & Dan Garner	Exercise Technique - Part I	
10:00am - 11:30am	Angela Duckworth	True Grit	
1:00pm - 3:00pm	J. Donald Dishman	Chiropractic Management of the Dizzy patient	
1:00pm - 3:00pm	Thomas DeLauer	How to Improve Stamina, Performance, and Longevity While Also Losing Body Fat	
1:00pm - 3:00pm	Lisa Goodman	Small Changes, Big Impact: Life Hacks for Infants, Kids, and Teens	
1:00pm - 3:00pm	Kathy Weidner & April Lee	Medicare Mastery: From Fundamentals to Complicated Compliance	
1:00pm - 3:00pm	Kelly Starrett	Performance Therapy: Integrating the Provider into a High-Performance Sport Model - Part I	
1:00pm - 3:00pm	Andy Galpin & Dan Garner	Practical Application of Hypertrophy Training: Upper and Lower Body - Part II	
3:30pm - 4:30pm	Greg Rose	Improving Thorax Mobility Dysfunction in Rotary Athletes	
3:30pm - 4:30pm	Tammy Fogarty	Thriving Through Menopause: Nutrition and Lifestyle Strategies for Optimal Health	
3:30pm - 4:30pm	MaryAnne Dimak	Pediatric Movement Advocacy for Long-Term Health	
3:30pm - 4:30pm	Kathy Weidner & April Lee	Empower Your Team While Minimizing Risk	
3:30pm - 4:30pm	Kelly Starrett	Performance Therapy: Integrating the Provider into a High-Performance Sport Model - Part II	
3:30pm - 4:30pm	Andy Galpin & Dan Garner	Practical Applications of Technique - Part III	
Saturday March 21, 2025			
8:30am - 9:30am	Brandon Steele	Mastering Hip Pain: 3 Critical Patterns You Should Recognize	
8:30am - 9:30am	Kyl Smith	Hidden In Plain Sight: Three key factors that can Change Everything.	
8:30am - 9:30am	Brett Winchester	The Lost Art of the Adjustment: Honoring the Past, Progressing Forward - Part I	
8:30am - 9:30am	Cody Dimak	Strength Training for Athletic Shoulder Rehabilitation	
8:30am - 9:30am	Andy Galpin & Dan Garner	Principles of Speed, Power, and Strength - Part I	
10:00am - 11:30am	Richard Harris II	Versus Supplements and Lifestyle Vs Medications	
1:00pm - 2:00pm	Heidi Haavik	Chiropractic Care and the Default Mode Network	
1:00pm - 2:00pm	Cody Burkhart	The Human as a Sensor: Elevating Care Through Human-Centric Insights	
1:00pm - 2:00pm	Brett Winchester	The Lost Art of the Adjustment: Honoring the Past, Progressing Forward - Part II	
1:00pm - 2:00pm	Jenna Romanelli	Fueling Athletes with Fad Diets: Foolish or Foolproof?	

1:00pm - 2:00pm	Andy Galpin & Dan Garner	Practical Application of Speed, Power, and Strength - Part II	
2:30pm - 3:30pm	Kyl Smith	Improve Sleep Quality to Decrease Musculoskeletal Pain	
2:30pm - 3:30pm	Ben Greenfield	Upgrade Your Brain, Optimize Your Body, and Defy Aging: 6 Key Principles	
2:30pm - 3:30pm	Brett Winchester	The Lost Art of the Adjustment (Honoring the Past, Progressing Forward - Part III	
2:30pm - 3:30pm	Josh Satterlee	Assessing and Bulletproofing High-Performance Shoulders	
2:30pm - 3:30pm	Andy Galpin & Dan Garner	Program Design of Hypertrophy Training - Part III	
4:00pm - 5:30pm	Gabrielle Lyon	Forever Strong: The Keys to Health and Longevity	
TOTAL CE HOURS			

Board Approval Number: _____

Phyllis Frase Charrette

Phyllis Frase Charrette, Director Parker Professional Programs

PLEASE VERIFY UPON RECEIPT.

INQUIRIES REGARDING ANY DISCREPANCIES WILL BE ACCEPTED UP TO 6 MONTHS AFTER THE CLOSING DATE OF THE SEMINAR.

ANY REPLACEMENT OF THIS VOUCHER, COPY OR FAX WILL INCUR A FEE OF \$35 PER VOUCHER.

Speaker Name: Drs Christine Foss, James Geiselman, Brian Nook

Course Title: FICS ICSC Lower Extremity Practicum Seminar – 12 hours practicum

Participants will undertake online learning before attending this practicum class. This is the Asynchronous part of the course with is taken on the FICS learning platform as self-pace learning by the learners before attending this part of the seminar.

Session Title: 2 / 9 - Hip Assessment and Coupled Chiropractic Technique

- **Duration:** 2 hours
- **Date/Time:** **Wednesday 19 March** **08:30 – 10:30**

Session Description: This practicum (synchronous) session (face-to-face the instructors will:

- Lead the participants on the practical assessments for the hip region which will lead to diagnosis and any possible contraindications or need for referral.
- Learners will use a range of techniques that will support the ability to check the movement of the joints of an athlete or physically active person.
- Motion palpation and coupled chiropractic technique skills of the lower extremities as it applies to the region within this session.

This is 100% hands on session with the learners working in pairs led by an instructor demonstration and class discussion.

Session Objectives:

Describe the relevant anatomy associated with the Hip regions covered.

- Understand techniques to aid muscle movement and enhance athletic performance.
- A range of soft tissue techniques to support sport-injury prevention and rehabilitation.
- Understand a range of motion palpation techniques to check the movement of the joints.

Session Time Allocation: HIP Motion palpation and coupled chiropractic technique

- 15 Minutes - Inspection and palpation of all regions, including learning how to rule out dislocations, fractures.
- 15 Minutes - evaluate patterns of edema and ecchymosis.
- 15 Minutes - Triaging emergency injuries.
- 15 Minutes - handle emergency situations in the field and in the office, including determining common circulatory and neurological findings.
- 15 Minutes - Rectus Femoris, Psoas
 - Instructors will take the learners through the range of motion, muscle and orthopedic testing for these muscle groups.
- 15 Minutes - TFL, Quadriceps, Hamstrings
 - Instructors will take the learners through the range of motion, muscle and orthopedic testing for these muscle groups.
- 15 Minutes - Glutes, Hip Abductors, Hip Adductors
 - Instructors will take the learners through the range of motion, muscle and orthopedic testing for these muscle groups.
- 15 Minutes - Coupled Chiropractic HVLA of the hip region.
 - Instructors will bring all the techniques together and look at a range of coupled chiropractic HVLA techniques for the Hip.

Speaker Name Drs Christine Foss, James Geiselman, Brian Nook

Course Title: FICS ICSC Lower Extremity Practicum Seminar – 12 hours practicum

Participants will undertake online learning before attending this practicum class. This is the Asynchronous part of the course with is taken on the FICS learning platform as self-pace learning by the learners before attending this part of the seminar.

Session Title: 3 / 9 - Knee Assessment and Coupled Chiropractic Technique

- **Duration:** 2 hours
- **Date/Time:** **Wednesday 19 March 2025 – 10:30 – 12:30**

Session Description:

This practicum (synchronous) session (face-to-face) the instructors will:

- Instructors will lead the participants on the practical assessments for the knee joint which will lead to diagnosis and any possible contraindications or need for referral.
- Learners will use a range of techniques that will support the ability to check the movement of the joints of an athlete or physically active person.
- Motion palpation and coupled chiropractic technique skills of the lower extremities as it applies to the region within this session.

This is 100% hands on session with the learners working in pairs led by an instructor demonstration and class discussion.

Session Objectives:

Describe the relevant anatomy associated with the Knee regions covered.

- Understand techniques to aid muscle movement and enhance athletic performance.
- A range of soft tissue techniques to support sport-injury prevention and rehabilitation.
- Understand a range of motion palpation techniques to check the movement of the joints.

Session Time Allocation: KNEE: ROM, Orthopaedic testing, Manual Muscle testing

- 15 Minutes - Quadriceps, Distal Hamstrings
 - Instructors will take the learners through the range of motion, muscle and orthopedic testing for these muscle groups.
- 15 Minutes - Practice
- 15 Minutes - IT Band, Gastrocnemius
 - Instructors will take the learners through the range of motion, muscle and orthopedic testing for these muscle groups.
- 15 Minutes – Practice
- 15 Minutes – Popliteus
 - Instructors will take the learners through the range of motion, muscle and orthopedic testing for these muscle groups.
- 15 Minutes - Practice
- 15 Minutes - Coupled Chiropractic HVLA for the knee region joint complexes.
 - Instructors will bring all the techniques together and look at a range of coupled chiropractic HVLA techniques for the Knee.
- 15 Minutes – Practice

Speaker Name: Drs Christine Foss, James Geiselman, Brian Nook

Course Title: FICS ICSC Lower Extremity Practicum Seminar – 12 hours practicum

Participants will undertake online learning before attending this practicum class. This is the Asynchronous part of the course which is taken on the FICS learning platform as self-paced learning by the learners before attending this part of the seminar.

Session Title: 4 / 9 - Ankle Assessment and Coupled Chiropractic Technique

- **Duration:** 2 hours
- **Date/Time:** **Wednesday 19 March 2025 – 13:30 – 15:30**

Session Description:

This practicum (synchronous) session (face-to-face) the instructors will:

- Instructors will lead the participants on the practical assessments for the Ankle joint which will lead to diagnosis and any possible contraindications or need for referral.
- Learners will use a range of techniques that will support the ability to check the movement of the joints of an athlete or physically active person.
- Motion palpation and coupled chiropractic technique skills of the lower extremities as it applies to the region within this session.

This is 100% hands on session with the learners working in pairs led by an instructor demonstration and class discussion.

Session Objectives:

Describe the relevant anatomy associated with the Ankle regions covered.

- Understand techniques to aid muscle movement and enhance athletic performance.
- A range of soft tissue techniques to support sport-injury prevention and rehabilitation.
- Understand a range of motion palpation techniques to check the movement of the joints.

Session Time Allocation: ANKLE: ROM, Orthopaedic testing, Manual Muscle testing

- 15 Minutes - Fibularis muscle group, Anterior and Posterior Tibialis
 - Instructors will take the learners through the range of motion, muscle and orthopaedic testing for these muscle groups.
- 15 Minutes - Practice
- 15 Minutes - Gastrocnemius, Extensor and Flexor muscle groups
 - Instructors will take the learners through the range of motion, muscle and orthopaedic testing for these muscle groups.
- 15 Minutes - Practice
- 15 Minutes - Coupled Chiropractic HVLA for the ankle region joint
 - Instructors will take the learners through the range of motion, muscle and orthopaedic testing for these muscle groups.
- 15 Minutes - Practice
- 15 Minutes - Complexes Orthopaedic testing
 - Instructors will bring all the techniques together and look at a range of orthopaedic testing techniques using case studies.
- 15 Minutes - Practice

Speaker Name: Drs Christine Foss, James Geiselman, Brian Nook

Course Title: FICS ICSC Lower Extremity Practicum Seminar – 12 hours practicum

Participants will undertake online learning before attending this practicum class. This is the Asynchronous part of the course which is taken on the FICS learning platform as self-paced learning by the learners before attending this part of the seminar.

Session Title: 5 / 9 - Foot Assessment and Coupled Chiropractic Technique

- **Duration:** 2 hours
- **Date/Time:** Wednesday 19 March – 15:30 – 17:30

Session Description:

This practicum (synchronous) session (face-to-face session) the instructors will:

- Instructors will lead the participants on the practical assessments for the foot which will lead to diagnosis and any possible contraindications or need for referral.
- Learners will use a range of techniques that will support the ability to check the movement of the joints of an athlete or physically active person.
- Motion palpation and coupled chiropractic technique skills of the lower extremities as it applies to the region within the session.

This is 100% hands on session with the learners working in pairs led by an instructor demonstration and class discussion.

Session Objectives:

Describe the relevant anatomy associated with the Foot.

- Understand techniques to aid muscle movement and enhance athletic performance.
- A range of soft tissue techniques to support sport-injury prevention and rehabilitation.
- Understand a range of motion palpation techniques to check the movement of the joints.

Session Time Allocation: ROM, Orthopaedic testing, Manual Muscle testing (intrinsic muscles)

Wednesday 19 March 2025

- 15 Minutes - Fibularis muscle group, Anterior and Posterior Tibialis
 - Range of motion, muscle and orthopaedic testing for these muscle groups
- 15 Minutes – Practice
- 15 Minutes - Gastrocnemius, Extensor and Flexor muscle groups
 - Range of motion, muscle and orthopaedic testing for these muscle groups
- 15 Minutes - Practice
- 15 Minutes - Coupled Chiropractic HVLA for the Foot region joint
 - Range of motion, muscle and orthopaedic testing for these muscle groups
- 15 Minutes – Practice

- 15 Minutes - Complexes Orthopaedic testing
 - Techniques together and look at a range of orthopaedic testing techniques using case studies.
- 15 Minutes - Practice

Curriculum Vitae

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

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Riverdale, NJ 07457

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Office: 973-616-4555

Cell: 201-213-6983

Education:

Doctor of Medicine: University of Health Sciences; Antigua V.I. BWI	2003-2007
Doctor of Chiropractic: New York Chiropractic College Honor Society Phi Chi Omega Recipient	1991-1994
Master of Science: Education/ Sports Medicine: Old Dominion University, Norfolk VA	1987-1988
Bachelor of Science: Physical Education/Sports Medicine Montclair State University; Montclair NJ	1984-1987

Professional Experience:

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

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

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

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

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

Olympic Training Center- Volunteer Athletic Trainer; Colorado Springs 1992

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

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

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

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

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

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

Continuing Education

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

Professional Activities/Awards

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

Dr. James F. Geiselman Jr.

Lamoni, IA 50140

Phone: (217) 370-4760 Email: geiselmandc@gmail.com

EDUCATION

- MS Logan University, Chesterfield, MO** April 2017
Master of Science in Nutrition and Human Performance
Honors: Summa Cum Laude
Concentration: Sports & Fitness Nutrition
- DC Logan University, College of Chiropractic, Chesterfield, MO** April 2015
Doctor of Chiropractic
• Techniques: Diversified, 150 hrs, Logan Basic, 120 hrs, Activator, 90 hrs, Thompson, 45 hrs
- BS Logan University, Chesterfield, MO** June 2013
Bachelor of Science
Major: Human Biology
- BS Illinois College, Jacksonville, IL** May 2010
Bachelor of Science
Major: Psychology / Minors: Biology and Chemistry

LICENSURE

- Illinois Chiropractic License - ACTIVE** August 2017 – July 2026
• Licensed Chiropractor by the Illinois Department of Financial and Professional Regulation
- Missouri Chiropractic License – ACTIVE** September 2020 – February 2025
• Licensed Chiropractor by the Missouri
- Iowa Chiropractic License – ACTIVE** July 2017 – June 2024
• Licensed Chiropractor by the Iowa Board of Chiropractic
- National Registry of Emergency Medical Technicians (NREMT)** January 2020 – March 2026
• Certified EMT by the National Registry of Emergency Medical Technicians
- Emergency Medical Technician – Paramedic** April 2011 - April 2023
• Licensed EMT-P from the Illinois Department of Public Health
- National Board Chiropractic Examiners** December 2014
• Completed Part I, II, III, IV and PT

CERTIFICATIONS

- International Certificate in Sports Chiropractic (ICSC)** March 2021 – Present
• International Certificate in Sports Chiropractic from the International Federation of Sports Chiropractic (FICS)
- Certified Chiropractic Sports Physician (CCSP) (Northwestern Health Sciences)** December 2020 - Present
• Certification from the American Chiropractic Board of Sports Physicians
- Diplomate American Clinical Board of Nutrition (DACBN)** August 2018 – Present
• Earned my diplomate from the American Clinical Board of Nutrition
- Corrective Exercise Specialist (CES)** August 2020 – Present
• Certified Corrective Exercise Specialist from the National Academy of Sports Medicine (NASM)
- Certified Nutrition Coach (CNC)** March 2021 – Present
• Certified Nutrition Coach from the National Academy of Sports Medicine (NASM)
- Healthcare Provider CPR (BLS)** September 2006 – June 2025
• Certified according to the American Heart Association's 2020 Guidelines for adult basic life support
- American Heart Association CPR Instructor** June 2010 – June 2025
• Certified CPR BLS Instructor from the American Heart Association

PROFESSIONAL EXPERIENCE

Graceland University, Lamoni, IA
Associate Professor of Allied Health

February 2023 - Present

- Promoted to Associate Professor and received Tenure status by the Board of Trustees
- Serve as the Applied Health Science Concentration Director
- Advise students looking to pursue careers in fields such as: Physical Therapy (DPT), Chiropractic (DC), Occupational Therapy (OT), Physician Assistant studies (PA-C), Strength and Conditioning (CSCS), and Athletic Training (ATC)
- Faculty advisor to 29 FT students
- Teach allied health courses to undergraduate students
- Prepare and develop all relevant course materials for all classes
- Develop potential research opportunities for student involvement
- Prepare syllabi, deliver lectures and hold group conversation on related topics with students.

International Federation of Sports Chiropractic (FICS)
Education Commission, Co-Chair

January 2024 – Present

- Direct and manage FICS postgraduate sports chiropractic education programs
- Create, evaluate, and manage FICS' International Certificate in Sports Chiropractic (ICSC) program
- Develop learning outcomes, assessments, and curriculum mapping for online, and hands-on, programs
- Work closely with representatives from FICS' Executive Management Team (EMT) and with representatives from over 30 national councils, representing 30 international countries, and affiliated educational institutions
- Develop and promote articulation agreements with international institutions furthering postgraduate sports chiropractic education
- Coordinate and develop global symposiums in countries such as [Paris, France (2023), Porto, Portugal (2024), Kuala Lumpur, Malaysia (2025), and Global Virtual Symposium (2024)]

Graceland University, Lamoni, IA
Resch Scholarship Director

July 2023 - Present

- Oversee a \$2.5 million gift for students in 6 academic areas: Allied Health, Biology, Chemistry, Mathematics, Data Science, and Computer Science.
- Coordinate the Resch Speaker Series and other scholarly events pertaining to scholarship renewal

Iowa Performance Institute, PLLC, Lamoni, IA
Co-owner/CEO

June 2022 – Present

- Responsible for all day-to-day operations of my business
- Perform physical examinations and orthopedic tests in addition to other chiropractic procedures
- Experience working with collegiate and professional athletes and professional touring musicians
- Utilize a variety of laboratory testing to address root causes of patient's conditions

Graceland University, Lamoni, IA
Faculty Athletic Representative

June 2019 – Present

- Serve as the chair of the NAIA National Drug Testing and Education Committee
- Serve on the HEART Conference Eligibility Review Committee and Conduct and Ethics Committee
- Responsibility of ensuring that all participants in intercollegiate competition are eligible in accordance with the rules and regulations of the Association prior to their representing the institution in any manner
- Participate (either in person or via conference call) in any conference-wide meeting which is set for the purpose of rules education
- Participate (either in person or via conference call) in conference meetings when items on the agenda are pertinent to the faculty member's role as the faculty athletics representative of his/her institution
- Work with the AD to provide a rules education program in a manner consistent with the best practices approved and published by the Council of Faculty Athletics Representatives.

Graceland University, Lamoni, IA
Title IX Investigator

September 2018– Present

- Assist the Dean of Students and Director of Residence life to investigate cases of Title IX
- Interview parties involved in Title IX complaints

Brian C. Nook, DC, ICCSP, FICC

PERSONAL INFORMATION

Name: Associate Professor Brian C. Nook DC, ICSSD, FICC

Mailing Address: 46 W Julian Street #527 San Jose, California USA;

Phone: +1 650 454 9162

E-mail: drbrian.nook@gmail.com

Marital Status: Married (two children)

CURRENT EMPLOYMENT:

Associate Dean of Academic Affairs at Palmer College of Chiropractic West (PCCW), 90 Tasman Drive, San Jose, California USA; Phone: +1 650 454 9162 Email: drbrian.nook@gmail.com

PROFESSIONAL EXPERIENCE

Associate Dean of Academic Affairs, Palmer College of Chiropractic West San Jose California January 2017–present.

- Responsible for curriculum delivery, quality improvement, accreditation and standards. Also, manage with the Academic Dean all academic staff including performance review. Additionally, coordinate and teach Chiropractic Philosophy & Practice II, and Geriatrics. Instruct Chiropractic Clinical Evaluation, Lower Extremity, Cervical Spine, Thoracic Spine and Lumbopelvic spine labs.
- Advisor for Motion Palpation and Extremity Club
- Project lead for Palmer College of Chiropractic West curriculum Mapping 2017.

Dean and Head of College, Australian College of Physical Education: Sydney Olympic Park, Sydney, NSW Australia January 2013 to January 2017.

- Responsible for all management and strategic direction for the College. ACPE is fully Accredited by TEQSA and awards Bachelor degrees in various aspects of Sport, Education, Dance and Health. Manage a AU\$15M budget and over 50 academic and administration staff. Implemented a College restructure to align academic and operational efficiencies. Organised a College wide curriculum review with implementation of a generic degree structure that provide flexibility for student progression and delivery. Initiated a workload management system that provide a clear, transparent and equitable system to plan and monitor academic workload inclusive of teaching, research and scholarship and service to the College, Community and Profession. Secured new location for the College and manage the AU\$10M building and fitout of facilities on Sydney Olympic Park. During this time we have received reaccreditation of the College from the accrediting bod of TEQSA and added seven new degrees including a Bachelor of Health Science.
- Specific to Chiropractic, I designed with my team a new Bachelor of Health Science degree with 5 different majors. This required a benchmarking exercise, curriculum review and development, TEQSA application and submission, course development including syllabi and teaching materials. The degrees were Bachelor of Health Science with majors of Sport, Exercise, Dance, Community Health, and Fitness.

This was approved by TEQSA in 2014 for delivery in 2015. I oversaw the administration of this degree, quality control, continuous improvement and regulation. This educational degree had a strong emphasis on prevention and management of sports injuries that included conservative management of various health care including chiropractic.

Private Practice Consultant to Compassionate Veterinary Medicine: Part Time 120 Oratava Avenue West Pennant Hills, NSW. January 2013 to December 2016.

- During my time as Dean/Head of College at ACPE in Sydney I was a consultant to my wife's Veterinarian practice that is a conservative treatment of primarily small animals especially elite sports dogs in obedience, agility and field trials. This was during my off hours and usually on evenings and weekends. My consultation was for evaluation of radiographs, assessment of musculoskeletal conditions, chiropractic assessment of the animals and supervision of chiropractic care. I did not deliver the treatment as this was performed by Dr Deb Nook. My work schedule was variable depending on the difficulty of the cases but averaged 5 hours per week during January 2013 to December 2016.
- Organised training sessions and consultation on various chiropractic cases with alumni from Murdoch University Chiropractic School. I hosted 4-8 graduates from Murdoch University Chiropractic School 6 times per year at our home or at Waterloo Chiropractic Clinic. This meeting included a set agenda with case reviews, radiographic interpretation, case management, practice management and technique demonstration and treating of each of the attendees.

Dean, School of Chiropractic and Sports Science, Murdoch University: Murdoch WA, Australia December 2006 – December 2013

- Managed and directed the Chiropractic program and added programs in sports science and exercise physiology. Renamed to the School of Chiropractic and Sports Science.
- \$8.3 Million annual budget 27 academics and support staff. Part of the founding team with no specific or dedicated facilities or staff.
- Responsible for Regulations, policies, Academic planning and governance, Skills in dealing with a highly multidisciplinary role, which incorporates financial and human resource management and procedural management dimensions, Management of staff, Space management and managing the physical relocation of staff, Risk management, Academic governance, Enterprise bargaining agreements – Academic and General staff, AUQA, TEQSA, National standards, Accreditation
- Attracted and Employed all academic and administration staff at the School. Co-Author for internal funding of Stage II of Club Rooms for Murdoch Sports Fields: Total Funding \$1.8 Million in 2012. Co-Author for internal funding for expansion of the Murdoch University Chiropractic Clinic and Research Facility: Total Funding \$250,000 in 2012. Author for Health Workforce Australia through Western Australia Department of Health for grant funding for equipment to support Immersive and Simulated Learning: Total Funding \$350,000 in 2011. Co-Author for Teaching and Learning Capital Fund Higher Education (LTC(HE)) for development of new Sports Science Laboratories: Total Funding \$4 Million in 2010. Co-Author for internal funding for new Diagnostic, Radiology and Anatomy Facilities: Total Funding \$3.1 Million. 2007. Co-Author for Business case for internal funding of new Chiropractic Clinic. Total funding \$3.3 Million in 2006. Co-Author for internal funding for development of new Chiropractic Technique Laboratory: Total Funding \$450,000 in 2005.
- Private practice as Independent contractor for Safety Bay Chiropractic in Rockingham, Western Australia.

Richard Brown, DC
1-hour outlines

Title: All People, All Ages, All Nations: The Role of Chiropractors in Global Public Health

Course Description:

This lecture will delve into the transformative potential of Chiropractic in addressing some of the world's most pressing healthcare challenges. Professor Brown, Secretary-General of the World Federation of Chiropractic and a Fellow of the Royal Society of Public Health will share his vision for integrating Chiropractic into public health systems to create more equitable and accessible healthcare for individuals of all demographics.

As healthcare systems worldwide grapple with rising demands and limited resources, Professor Brown's insights will underline the need for innovative, cost-effective, and sustainable solutions. The principles at the core of chiropractic care focus on interdisciplinary collaboration. The lecture will inspire chiropractors and other healthcare professionals to collectively transform the global healthcare landscape.

Course Objectives:

- Learners will understand the staggering global burden of musculoskeletal disorders.
- Learners will understand the impact of musculoskeletal disorders on quality of life and productivity.
- Learners will understand how chiropractors and other healthcare providers play a critical role in alleviating pain, reducing dependency on medication, and supporting healthier, more active lifestyles.

Outline:

0-15 minutes

Research supporting chiropractic-led initiatives that have improved health outcomes.

1. Underserved communities
2. Public Goals of the research

15-30 minutes

How Chiropractic aligns with public health initiatives

1. Low back pain
2. Work-related injuries
3. Dependency on Opioids

30-45 minutes

Sustainable Development Goals

1. Prevention of Disease
2. Chronic Disease management
3. Long term wellness for patients

Healthcare Systems and Chiropractic

1. Rising demands
2. Limited Resources
3. Cost-Effective Chiropractic Care with Interdisciplinary Collaboration
4. Public Awareness



Professor Richard Brown

DC, LL.M, FRCC, FICC, FEAC, FICC, FBCA, FAECC

Summary Overview

An experienced international leader within the chiropractic profession, Richard is a consultant to the World Federation of Chiropractic (WFC), a not-for-profit organization headquartered in Toronto, Canada. In this role, he holds the position of Secretary-General, and acts as its chief executive officer. He is an international ambassador for the chiropractic profession and is responsible for overseeing governance and developing strategy and policy at the WFC. Prior to joining the WFC, Richard held a number of leadership roles at UK and European level. He retains his license to practice chiropractic in the UK and had a career in private practice which spanned 25 years.

Richard has a Masters' degree in Law (LL.M) and is a highly experienced expert witness in the field of chiropractic, accepting instructions from the UK regulator, legal advisers representing registrants in the UK and Ireland, and the police. He has given oral and written testimony in over 500 clinical negligence cases and over 300 cases involving hearings of the General Chiropractic Council's Investigating and Professional Conduct Committees. He appears regularly in person before the Professional Conduct Committee of the General Chiropractic Council. He has acted as a consultant to a number of national chiropractic organisations, drafting documents including codes of practice, standards of proficiency, and scopes of practice.

In his work with the WFC, a non-state actor in official relations with the World Health Organization, Richard serves as the lead focal point, where he works with a range of WHO departments and represents the organization at high-level meetings and events, including the World Health Assembly. As WFC Secretary-General, he serves as the Chief Executive Officer for the organization, overseeing strategy, policy and organizational governance. He has been responsible for the organisation of multiple global conferences and events and serves as editor-in-chief of the WFC publication, the *Quarterly World Report*.

As an experienced national and international speaker and author, Richard has delivered presentations on professional standards and ethics, medicolegal issues, education, research and contemporary issues affecting the chiropractic profession. He represented the United Kingdom on the technical committee of the European standards body (CEN), which was responsible for producing the first ever European standard for the services of a healthcare profession.

In 2022, Richard was appointed as an Honorary Visiting Professor at AECC University College.

Education

2020-2022 Eurospine Diploma in Interprofessional Spine Care (EDISC)

2006–2009 Cardiff University (LL.M, Legal Aspects of Medical Practice)

1986–1990 AECC University College, Bournemouth, UK (DC)

1984–1986 North Devon College, Barnstaple, North Devon

1979–1984 South Molton School and Community College, North Devon

Professional Registration

UK:General Chiropractic Council (Reg. No. 00027)



Private Practice

- 1995-2015 Owner and Clinic Director, The Lansdown Clinic, Stroud, Gloucestershire.
- 2005-2011 Owner and Clinic Director, Hardwicke and Quedgeley ChiropracticClinic, Gloucestershire.
- 2009-2011 Owner and Clinical Director, Ledbury ChiropracticClinic
- 2004-2005 Consultant Chiropractor, BUPA Hospital, Bristol.
- 1994-2000 Senior Associate, Clifton Chiropractic Clinic, Bristol
- 1990-1996 Associate, Sutton Chiropractic Clinic, Surrey
- 1990-1995 Associate, Crawley Chiropractic Clinic, West Sussex

Professional positions held

- 2022-present Honorary Visiting Professor, AECC University College
- 2015-present Secretary-General, World Federation of Chiropractic
- 2015-present Designated Non-State Actor Focal Point, World Health Organization
- 2019-present Member, Board of Directors, World Spine Care (USA)
- 2017-present Committee member, European Diploma in Interprofessional Spine Care, Eurospine
- 2015-present Adviser, International Board of Chiropractic Examiners
- 2017-present Adviser, Society for the Promotion of Chiropractic Education (UK registered charity)
- 2012-2021 Founder and Trustee, Chiropractic Research Council (UK registered charity)
- 2013-2015 Secretary-General, European Chiropractors' Union
- 2009-2013 President, British Chiropractic Association
- 2009-2011 Member, General Council, European Chiropractors Union
- 2011-2013 Secretary, European Chiropractors' Union
- 2011-2015 Secretary General, European Academy of Chiropractic
- 2007-2009 Vice President, British Chiropractic Association
- 2001-2008 Chairman, Professional Standards Committee, British Chiropractic Association
- 2001-2010 Examiner, Test of Competence, General Chiropractic Council
- 1996-2001 Professional Member, Peer Review Panel, British Chiropractic Association
- 1998-2014 Approved Trainer, Royal College of Chiropractors Pre-Registration Training Scheme

Academic experience

- 2022-present Honorary Visiting Professor, AECC University College
- 2017-present Faculty member, Eurospine (Diploma in Interprofessional Spine Care)

Speaker Name: Nicky Kirk DC

Course Title: Techniques in Rehabilitation: Blood Flow Restriction

Course Description: This course delves into the application of Blood Flow Restriction Training as an augmentation to strength and endurance training. It aims to equip healthcare professionals with the knowledge and skills to apply these methods in a functional medicine setting, enhancing strength and muscle growth in less time.

Course Objectives:

1. Understand the principles and physiological effects of blood flow restriction (BFR) therapy.
2. Explore the application of BFR in a functional medicine setting, particularly for muscle strengthening and recovery.
3. Gain insights into the application of BFR in the clinical setting
4. Learn about the integration of BFR therapy in a periodized manner.
5. Discuss case studies and clinical evidence supporting the use of BFR in different populations.

Course Outline:

0-15 minutes: Introduction to Blood Flow Restriction Therapy

- Overview of BFR concepts and physiological mechanisms.
- Safety protocols and patient selection criteria

Application of BFR in Clinical Rehabilitation

15-30 minutes: Understanding Hypertrophy

- Review the mechanisms of mechano-transduction
- Review the mechanisms of metabolic muscle growth.

30-45 minutes: BFR in a clinical setting

- Integrating BFR therapy at various stages of intervention
- Rehabilitation protocols and adjustment according to client progress.

45-60 minutes: Case Studies and Evidence-Based Practice

- Review clinical trials and research studies on BFR across different populations
- Analyze patient outcomes and efficacy of combined treatments.

Dr Nicky Kirk D.C MSC BSC

Sports Medicine Specialist

Contact Info



1612 Mack Lane, Little Elm, Tx 75068



+1 972 679-7894



Nickymathewkirk@gmail.com

Profile

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

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

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

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

Career Experience

Clinic Director *Parker Performance Institute, Frisco Tx. KEY*

July 2021 to Present

RESPONSIBILITIES:

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

LEAD INSTRUCTOR

M.Sc. Human Performance Program, Parker University

December 2019 to Present

KEY RESPONSIBILITIES:

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

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

Selected Health Talks and Seminars

Blood Flow Restriction Training Clinical Applications, F.I.M.S, Conade, Guadalajara, Mexico

September, 2022

Neurovisual Training: Parker University, Orlando Florida

June, 2022

4 hour workshop on Blood Flow Restriction Concepts: Texas Chiropractic College

July, 2021

Blood Flow Restriction Concepts: Rehab 2 Performance invited speaker

July, 2020

Running Mechanics Professional - Biomechanics of Running, Andrew's Institute, Plano, TX

Nov, 2019

Private Seminar Blood Flow Restriction – Club Atletico Nacional, Medellin, Colombia,

Oct, 2019

Evaluación Integral del Atleta y Aplicación de Técnicas de Rehabilitación – La Federación Mexicana de Medicina Del Deporte, 2nd Congreso Mexicano De Medicina Del Deporte (Merida, Mexico)

3 al 6 de Julio, 2019

The Complete Athlete Care Model - Keynote Sports Chiropractic Australia Annual Symposium (Perth, Australia)

May 2019

Recovery and Regeneration in the footballer. F.I.C.S. Assembly and Symposium, Berlin

March, 2019

Science of Recovery – Mastermind series webinar (Australia)

Feb 2018

Recovery and Regeneration—featured speaker, American Sports Chiropractic Association (Minnesota)

Aug 2017

Education

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

Speaker Name: Tammy Fogarty

Course Title: Implementing Nutrition Strategies in Patient Care: A Guide for Healthcare Professionals

Course Description: This presentation provides healthcare professionals with the foundational knowledge and practical tools needed to integrate nutrition strategies into patient care while also addressing holistic approaches—such as goal setting, sleep hygiene, and physical activity—to help patients achieve optimal health. The presentation includes practical examples, evidence-based insights, and actionable steps for implementation in clinical practice.

Course Objectives:

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

Course Outline:

Part 1:(15 minutes)

I. Nutrition Introduction and Goal Setting for Sustainable Change.

Part 2: (15 minutes)

II. Sleep Hygiene and the Power of Physical Activity

Part 3: (15 minutes)

III. Integrating Holistic Strategies into Practice

Part 4: (15 minutes)

III. Integrating Holistic Strategies into Practice

Tammy C. Fogarty PhD, RD, LD/N

536 NE 8th Avenue

Deerfield Beach, FL 33441

tammy@tammyfogarty.com

(888) 848-2669

EMPLOYMENT

Aug 2019- Present

Parker University

Dean, Health and Human Performance

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

Jan 2015- Present

About Thyme Nutrition

Private Practice

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

Sep 2012-Aug 2019

Florida International University

Adjunct Professor, on-campus

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

Jan 2011- Aug 2019

Palm Beach State College

Adjunct Faculty, online and on-ground

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

Oct 2013- Aug 2019

Everglades University

Adjunct Faculty, online

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

Nov 2005- Oct 2013

Everglades University
Department Chair of Allied Health/ Alternative Medicine

Boca Raton, Florida

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

Oct 2004- Nov 2007

Clinical Dietitian
Sodexo/ Delray Medical Center
Delray Beach, Florida

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

April 2004- Oct 2004

Clinical Dietitian
Broward General Medical Center
Fort Lauderdale, Florida

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

Aug 2003- April 2004

Florida International University Dietetic Internship

Speaker Name: John Floyd

Course Title: Avoiding Malpractice Claims & Defending the Doctor at Trial: Proven Strategies

Course Description: Professional malpractice claims are increasing as more patients are turning to chiropractic treatment as their primary source of relief to avoid the typical cycle of drugs and surgery associated with spinal disorders. This presentation will provide the doctor with proactive and unique strategies for avoiding malpractice claims. Staying out of the legal arena will lead to better care for your patients and an increase in income. In addition, we will utilize real trial videos to educate the doctor on how to defend those cases where the patient is alleging the doctor caused a vertebral or carotid artery dissection which led to a stroke. This is an interactive presentation that will address the various strategies associated with the defense of these types of cases.

Course Objectives:

- *Identify those claims that frequently result in litigation
- *Strategies associated with avoiding malpractice claims and litigation
- *Educating the doctor on the need to recognize stroke symptoms and the actions that need to be taken to reduce any resultant damages.
- *What is a good emergency plan for untoward events in your office
- *Once in the legal arena, how does the doctor defend stroke cases

Course Outline:

- I. Introduction to Professional Negligence claims **(15 minutes)**
 - A. What is Malpractice and What is Not
 - B. Causation
 - C. Frequent claims that can be avoided

- II. How to avoid the courtroom and increase your profits **(15 minutes)**
 - A. Records & Documentation
 - i. The Reviewing attorney
 - ii. State Health Board

iii. Insurance Audits

B. Treating Employees

C. Hiring and Retention of Employees

D. Collection Proceedings

E. Establish Professional Relationships

i. Sharing risks ii. Developing relationships with orthopedics and neurosurgeons

III. Protecting your practice and assets **(15 minutes)**

A. Office Emergency Plan

B. Insurance Coverage and recommendations

C. Basic asset protection

IV. Defending the Stroke case: Demonstration with Actual Trial Video **(15 minutes)**

A. Expert Retention and Cross-Examination

B. Utilization of the literature

C. Getting committed to the defense

CURRICULUM VITAE

JOHN F. FLOYD, SR.

EDUCATION:

Undergraduate Degree: University of Tennessee - Knoxville, TN
Bachelor of Arts Honors- 1987
Major: Political Science

University of South Florida - Tampa, FL
National Student Exchange - 1986
U.S. Intelligence/Espionage/Pre-Law

Graduate Degree: University of Tennessee College of Law - Knoxville, TN
Doctor of Jurisprudence - 1990
Member National Trial Team - 1989-1990
American Jurisprudence Award - Trial Practice

LEGAL EXPERIENCE:

Tried over 100 Jury Trials (professional negligence and business litigation) to Verdict since 1990.

September 2019 – Present Shareholder Wicker Smith O’Hara McCoy & Ford PA
3990 Hillsboro Pike, Suite 300
Nashville, TN 37215

July 2017-September 2019 Shareholder Floyd Law Group PLC
Nashville, TN

December 1997 – June 2017 Shareholder Todd & Floyd PLC
Nashville, TN

June 1995 -
December 1997: Partner Manier, Herod, Hollabaugh & Smith
Nashville, TN

July 1990-1995: Associate Manier, Herod, Hollabaugh & Smith
Nashville, TN

AREAS OF PRACTICE:

Civil trial practice in federal and state courts, administrative agencies, and health care boards. Practice includes Corporate and Business Litigation, Employment Litigation, Professional Liability Litigation, including medical and legal negligence claims, Insurance Coverage Litigation and Personal Injury. Admitted to practice before The United States Supreme Court, State Trial and Appellate Courts, United States District Court for the Eastern, Middle and Western Districts of Tennessee, United States Court of Appeals Sixth Circuit, Department of Veterans Affairs and the Supreme Court of Tennessee.

PROFESSIONAL ASSOCIATIONS

American College of Trial Lawyers (ACTL)
Federation of Defense and Corporate Counsel (FDCC)
Professional Liability Section Member
International Association of Defense Counsel (IADC) (2017 – 2023)
Professional Liability Defense Federation (PLDF)
Claims & Litigation Management Alliance (CLM) (2014 – 2017)
Tennessee Defense Lawyers Association (TDLA)
Defense Research Institute (DRI)
American Bar Association (1990–2015)
Tennessee Bar Association
Nashville Bar Association
Tennessee Hearing Committee Member for Attorney Disciplinary Hearings
Litigation Counsel of America – Senior Fellow

BOARD CERTIFICATION AND RECOGNITION:

The National Board of Civil Trial Advocacy
Certified Civil Trial Specialist (12.1.1996)
Certified Civil Pretrial Specialist (4.25.2012)
The American Board of Professional Liability Attorneys
Certified Medical Professional Liability Specialist (2.12.1996)
The Tennessee Commission on Continuing Legal Education & Specialization
Certified Civil Trial Specialist (2.6.96)
Certified Medical Malpractice Specialist (4.10.2000)
Certified Civil Pretrial Practice (4.25.12)
Mid-South Super Lawyers: 2006 – Present Business & Corporate Litigation
Nashville Post Publication Top 101 Lawyers: Litigation 2011 – Present.
Nashville Lifestyle Top 50 Attorneys: 2017 – Present.
Tennessee Top 100 Lawyers Mid-South Lawyers: 2016 – Present.
Nashville Top 50 Lawyers Mid-South Super Lawyers: 2015 – Present.
Best Lawyers America – Medical Malpractice Defense: 2023 – Present.

Speaker Name: Andrea Diaz DC

Course Title: PMS and Chiropractic Care

Course Description: In this presentation, we explore the role of chiropractic care in alleviating symptoms associated with Premenstrual Syndrome (PMS). PMS affects millions of women, causing a range of physical and emotional symptoms that can disrupt daily life. Chiropractic care offers a holistic approach to managing these symptoms by focusing on spinal alignment and nervous system function.

Course Objectives:

- What is PMS?
- Causes and Risk factors for PMS
- Traditional care for PMS - Chiropractic care for PMS
- Practical tips
- Potential Challenges and Considerations

Course Outline:

Introduction (15 minutes):

Slide 2: Introduction to PMS Definition of Premenstrual Syndrome (PMS) Prevalence and impact on women's health Common symptoms and their severity

Slide 3: Causes and Risk Factors of PMS Hormonal fluctuations Nutritional deficiencies Lifestyle factors Genetic predisposition

PMS Care (15 minutes):

Slide 4: Traditional Approaches to Managing PMS Medications (NSAIDs, hormonal treatments) Lifestyle modifications (diet, exercise) Stress management techniques

Slide 5: Introduction to Chiropractic Care Overview of Chiropractic Care Basic principles of chiropractic Common techniques used in chiropractic care

Slide 6: The Role of Chiropractic in PMS Management How chiropractic care can influence the nervous system and hormonal balance Mechanisms by which chiropractic adjustments may relieve PMS symptoms

Evidence (15 minutes)

Slide 7: Evidence-Based Benefits of Chiropractic Care for PMS Review of relevant studies and clinical trials Patient testimonials and case studies Key findings on symptom relief and quality of life improvements

Slide 8: Chiropractic Techniques for PMS Spinal adjustments Soft tissue therapy Lifestyle and nutritional counseling Exercise recommendations

Slide 9: Case Studies and Clinical Experiences Detailed presentation of specific cases Before and after treatment outcomes Insights and lessons learned from clinical practice

Slide 10: Integrative Approach to PMS Management Combining chiropractic care with other treatment modalities Collaboration with other healthcare providers Importance of a holistic approach to health

Closing (15 minutes)

Slide 11: Practical Tips for Patients Self-care strategies at home When to seek chiropractic care Preparing for your first chiropractic visit

Slide 12: Potential Challenges and Considerations Addressing patient concerns and misconceptions
Contraindications and when chiropractic care may not be suitable Ensuring personalized care for optimal outcomes
Slide 13: Future Directions and Research Current gaps in research Promising areas for future studies Encouraging further exploration into chiropractic care for PMS

Slide 14: Q&A Session Open the floor for questions from the audience Encouraging discussion and sharing of experiences
Slide 15: Conclusion Summary of key points Final thoughts on the role of chiropractic in PMS management Contact information for further inquiries

Andrea M. Diaz Rivera, DC

Pronouns She / Her / Hers

(939) 642 – 4663

diazrivera_a@hotmail.com

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

Career History & Accomplishment

Parker University (Dallas, TX)

Assistant Professor, Chiropractic Sciences

April 2022 - present

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

Life University (Marietta, GA)

Bilingual Support Professional

April 2016 – Aug 2021

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

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

Rubin Family Chiropractic (Marietta, GA)

Chiropractic Associate

Feb 2017 – Aug 2020

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

Blu Caribe Pharmaceuticals (Dorado, PR)

Laboratory Analyst

2011 - 2012

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

Walgreens (Vega Baja, PR)

Elizabeth Arden Beauty Consultant

2010 - 2011

- Provided customer service and promote products

Pfizer Pharmaceuticals (Vega Baja, PR)

Laboratory Analyst

2007 - 2010

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

Hard and Soft Skills

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

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

Volunteer/Leadership/Certifications Experience

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

Speaker Name: Rebecca Scott

Course Title: Foundations for Successful Collections: Data Gathering

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

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

Learning Objectives:

- Reproduce a compliant and effective intake process for new patient and returning patients
- Apply the No-Surprises Act Regulations
- Manage the process of foundational data gathering for all payer types, to ensure proper risk management procedures

Course Outline:

I. A Compliant Intake Process 15 Minutes

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

II. Three-Step Verification Process 15 Minutes

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

III. Proper Case Management 15 Minutes

- a. Medicare B vs Medicare C
- b. Compliant bookkeeping and collections
- c. The medical review policy

IV. Self-Pay Patient Management 15 Minutes

- a. Checklist for compliance with No-Surprises Act

Rebecca L. Scott, CPC, CPCO, CPB

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

Professional Experience

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

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

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

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

Education

Associate degree in Accounting: 05/2008

Central Maine Community College – Auburn, ME

Certifications

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

Skills & Abilities

Attention to Detail

Excellent Organizational Skills

MS Office

Speaker Name: MaryAnne Dimak

Course Title: The Antifragile Female: Is Strength Training a Key Factor?

Course Description: Antifragility doesn't just mean strong or robust. Just like more pressure becomes more damaging to fragile things, something that is antifragile gets stronger with more pressure. This course is designed to inspire the attendee by presenting an idea of how to create antifragility in themselves, their loved ones, or their patients through developing strength training and biohacking approaches that are influenced by female physiology. This is for everyone, but through a female-focused lens.

Course Objectives:

1. Acknowledge current research on women's health and non-communicable diseases and how strength training impacts health markers.
2. Recall female physiology and hormonal fluctuations that impact health and activity levels throughout the life cycle.
3. Identify motivational interviewing techniques that will allow more connection, better goal setting, and influence long-term retention of benefits.
4. Create strength training interventions that are influenced by female physiology so can be better targeted towards that population.

Course Outline:

1. What is Antifragility? (15 min)
 - a. Recap on the origin of the principle.
 - b. What does antifragility look like in the musculoskeletal rehabilitation space.
 - c. How muscle and bone physiology is a perfect example of antifragility.
2. Women's Health Today (15 min)
 - a. Status of women's health and longevity in the literature including activity levels, disease levels, and resilience.
 - b. Common barriers to improvements in health.
 - c. Female-specific factors that are not present or significantly different in the male population.
 - d. Barriers to strength training from a physiology perspective and a biopsychosocial perspective.
3. Drivers and Motivations
 - a. Motivational Interviewing techniques to best identify the goals involved.
 - b. The soft skill of empathy while also playing the role of the movement advocate.
 - c. Applications for the practitioner to bridge the gap between rehabilitation and strength training.
4. How Does Strength Training Play A Role (15 min)
 - a. Current research shows the benefits of strength training during female-specific life cycle periods and disorders such as pregnancy, menopause, and PCOS.
 - b. How to Integrate appropriate strength training programs into health care environments.
 - c. Building community and identifying referral partners and comanagement partners within the strength and conditioning field.

MaryAnne Harrington Dimak, MS, DC

605.299.6058 | mdimak@parker.edu

Curriculum Vitae

EDUCATION:

- 12.2011 **Doctor of Chiropractic**, Logan College of Chiropractic, Chesterfield, MO.
Graduated Cum Laude.
- 12.2013 **Masters of Science in Nutrition and Human Performance**, Logan University,
Chesterfield, MO. Graduated with Distinction.
- 4.2014 **Masters of Science in Sports Science and Rehabilitation**, Logan College of
Chiropractic, Chesterfield, MO. Graduated with Distinction.
- 4.2009 **Bachelors of Science in Human Biology**, Logan College of Chiropractic,
Chesterfield, MO.
- 5.2008 **Bachelors of Science in Biological Sciences**, University of Nebraska-
Lincoln.

LICENSURES AND CERTIFICATIONS:

Texas State Board of Chiropractic Examiners
National Board of Chiropractic Examiners, Parts I-IV
Physiotherapy of the National Boards
Full Body Certification, Active Release Technique
Webster Technique Certification
CPR Basic Life Support Certification

CONTINUING EDUCATION:

- 2010 **Active Release Technique Upper Extremity**, St. Louis, MO
Active Release Technique Spine, St. Louis, MO
- 2011 **ProSport Chiropractic**, Las Vegas, NV
Active Release Technique Lower Extremity, Memphis, TN
Carpal Tunnel Syndrome (Non-Surgical & Surgical Treatment Options),
Southeast Missouri Hospital, Cape Girardeau, MO
200 Hr Yoga Teacher Training, Clayton, MO
Dynamic Neuromuscular Stabilization A, Phoenix, AZ
- 2012 **Active Release Technique Lower Extremity**, San Diego, CA
- 2013 **Prague School to Athletic Development**, Craig Liebenson, DC
Faulty Movement Patterns, San Francisco, CA
Continuum of Care, San Francisco, CA
- 2013 **Perform Better Functional Training Summit**, Long Beach, CA
Active Release Technique Upper Extremity, San Diego, CA
- 2014 **Assessing Movement**, Gray Cook, PT, Pr. **Stuart McGill**, Stanford Sports
Medicine, Palo Alto, CA
Perform Better Functional Training Summit, Long Beach, CA
Active Release Technique Recertification

2015 **Dynamic Neuromuscular Stabilization Exercise 1**, Southern California University of Health Sciences, Whittier, CA
Prague School to Athletic Development, Craig Liebenson DC,
Part A: Core, Los Angeles, CA
Part B: Extremities, Los Angeles, CA
Active Release Technique Diagnosis Course/SFMA I, Oceanside, CA
Perform Better Functional Training Summit, Long Beach, CA
The Frontal Plane, Koichi Sato ATC, Los Angeles, CA
Assistant, Prague School to Athletic Development, Craig Liebenson, DC, Vancouver, BC, Canada
Functional Biomechanics Skills Review, Brett Winchester, DC, Functional Biomechanics, Phoenix, AZ

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

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

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

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

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

Speaker Name: John Cho

Course Title: Integrating MSK US into Practice: Benefits, Challenges, and Practical Tips

Course Description: This one-hour lecture will focus on the following objectives: 1. Presenting case studies that significantly benefited patient care due to diagnosis made from MSK US examination; 2. Discussing inherent challenges leading to common pitfalls; 3. Lastly, providing practical tips for integrating MSK US into practice.

Course Objectives:

- Through case presentations, understand the role of MSK US in chiropractic practice.
- Recognizing the inherent challenges of MSK US.
- Lastly, describe practical tips for integrating MSK US into practice.

Course Outline:

I. Introduction **15 minutes**

A. Trend of MSK US among health care professionals.

II. Benefits **15 minutes**

A. Case presentations of misdiagnosed cases saved by MSK US.

a. Lateral malleolar fracture missed on X-ray.

b. Anterior rib fracture missed on X-ray.

c. "Plantar fasciitis" ended up being a neurogenic tumor.

III. Challenges **15 minutes**

A. Case presentations of common pitfalls.

a. Cystic lesion of anterior knee.

b. Impingement syndrome.

c. Quadriceps tendinosis.

d. Rotator cuff incomplete, full-thickness tear.

e. Challenging case.

IV. Practical Tips **15 minutes**

A. Types of machines.

B. Training.

C. Registered Musculoskeletal Sonography (RMSK) pre-requisites.

CHIN-SUK (JOHN) CHO

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

EXPERIENCE/TRAINING

Professor- Department of Clinical Sciences

9/1/2024- Present

Parker University, Dallas, TX

Associate Professor- Department of Clinical Sciences

9/1/2021- Present

Parker University, Dallas, TX

Director, Radiology Residency Program

9/1/2018- Present

Parker University, Dallas, TX

Ultrasound Tissue Characterization (UTC) Training under Hans van Schie, PhD

5/2022

den Haag, Netherlands

Assistant Professor- Department of Clinical Sciences

11/1/2017- 8/31/2021

Parker University, Dallas, TX

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

1/1/2016-6/30/2016

Sidney Kimmel Medical College at Thomas Jefferson University

Co-Director October 2012- October 2017

Precision Health and Wellness Center, Havertown, PA 19083

Associate Chiropractor October 2010- September 2012

Complete Chiropractic, Colorado Springs, CO

Faculty/Fellow in Diagnostic Imaging April 2009- September 2010

Logan College of Chiropractic, Dep.of Radiology- St.Louis, MO

CHIN-SUK (JOHN) CHO

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

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

EDUCATION

2003-2006 *Doctor of Chiropractic-* Logan College of Chiropractic, St. Louis, MO

1998-2002 *Bachelor of Kinesiology-* McMaster University, Hamilton, ON

DEGREES/CERTIFICATES

2012- Registered, Musculoskeletal Sonography (RMSK™)

2010- Certificate, Diagnostic Imaging *Fellow*

2009- *Diplomate*, American Chiropractic Board of Radiology

- Certificate, Diagnostic Imaging *Resident*

2006- Doctor of Chiropractic (Cum Laude)

2002- Bachelor of Kinesiology

PROFESSIONAL AFFILIATIONS/SERVICES/COMMITTEES

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

Speaker Name: Drs Christine Foss, James Geiselman, Brian Nook

Course Title: FICS ICSC Lower Extremity Practicum Seminar – 12 hours practicum

Participants will undertake online learning before attending this practicum class. This is the Asynchronous part of the course which is taken on the FICS learning platform as self-paced learning by the learners before attending this part of the seminar.

Session Title: 6 / 9 - Rehabilitation Considerations

- **Duration:** 1 hour
- **Date/Time:** Thursday 20 March 2025 – 08:30 – 09:30

Session Description:

This practicum (synchronous) session (face-to-face) the instructors will:

- Instructors will lead the participants in the practical assessments for supporting athletes in the rehabilitation stages of injuries.
- Possible contraindications or need for referral.
- Learners will use a range of techniques that will support the ability to check the movement of the joints of an athlete or physically active person.
- Graduated return-to-play standards.
- Understand athletes' sports that need explosive power to ensure the rehabilitation programs is right for that person.
- Working with the athlete's physio, coach or other sports medicine team to support athletes return to play.

This is 100% hands on session with the learners working in pairs led by an instructor demonstration and class discussion.

Session Objectives:

This session will review the basis of rehabilitation in the athlete. The session will cover:

- Understanding goals of the athlete. The discussion will center around being realistic and aligned with the practitioner's goals.
- Understanding goals should be realistic in understanding the patient injury and considering the complexity of the injury.
- Timeline for return to play and how these are set basis on the patient progress which allow for adequate healing time of the injury.
- Understanding that the safety of the athlete should be above all else in the return to play.

Session Outline:

- 15 Minutes - Progress in the return to sport plan.
 - ROM, assessment, red flags and contraindicated for ROM progressions.
- 15 Minutes - Indications of corrective exercises.
 - Techniques to support the athletes sensory motor integration; load strategies; kinetic chain.
- 15 Minutes - Contraindications in exercise progression.
 - Sport specific functional and plyometric training; consideration for athletes return to play. Adding complexity with change of directions, quick stop and starts and then cutting with progressions.
- 15 Minutes – Practice

Curriculum Vitae

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

18 Newark Pompton Tpk.

Riverdale, NJ 07457

DrCFoss@Gmail.com

Office: 973-616-4555

Cell: 201-213-6983

Education:

Doctor of Medicine: University of Health Sciences; Antigua V.I. BWI	2003-2007
Doctor of Chiropractic: New York Chiropractic College Honor Society Phi Chi Omega Recipient	1991-1994
Master of Science: Education/ Sports Medicine: Old Dominion University, Norfolk VA	1987-1988
Bachelor of Science: Physical Education/Sports Medicine Montclair State University; Montclair NJ	1984-1987

Professional Experience:

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

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

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

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

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

Olympic Training Center- Volunteer Athletic Trainer; Colorado Springs 1992

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

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

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

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

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

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

Continuing Education

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

Professional Activities/Awards

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

Dr. James F. Geiselman Jr.

Lamoni, IA 50140

Phone: (217) 370-4760 Email: geiselmandc@gmail.com

EDUCATION

- MS Logan University, Chesterfield, MO** April 2017
Master of Science in Nutrition and Human Performance
Honors: Summa Cum Laude
Concentration: Sports & Fitness Nutrition
- DC Logan University, College of Chiropractic, Chesterfield, MO** April 2015
Doctor of Chiropractic
• Techniques: Diversified, 150 hrs, Logan Basic, 120 hrs, Activator, 90 hrs, Thompson, 45 hrs
- BS Logan University, Chesterfield, MO** June 2013
Bachelor of Science
Major: Human Biology
- BS Illinois College, Jacksonville, IL** May 2010
Bachelor of Science
Major: Psychology / Minors: Biology and Chemistry

LICENSURE

- Illinois Chiropractic License - ACTIVE** August 2017 – July 2026
• Licensed Chiropractor by the Illinois Department of Financial and Professional Regulation
- Missouri Chiropractic License – ACTIVE** September 2020 – February 2025
• Licensed Chiropractor by the Missouri
- Iowa Chiropractic License – ACTIVE** July 2017 – June 2024
• Licensed Chiropractor by the Iowa Board of Chiropractic
- National Registry of Emergency Medical Technicians (NREMT)** January 2020 – March 2026
• Certified EMT by the National Registry of Emergency Medical Technicians
- Emergency Medical Technician – Paramedic** April 2011 - April 2023
• Licensed EMT-P from the Illinois Department of Public Health
- National Board Chiropractic Examiners** December 2014
• Completed Part I, II, III, IV and PT

CERTIFICATIONS

- International Certificate in Sports Chiropractic (ICSC)** March 2021 – Present
• International Certificate in Sports Chiropractic from the International Federation of Sports Chiropractic (FICS)
- Certified Chiropractic Sports Physician (CCSP) (Northwestern Health Sciences)** December 2020 - Present
• Certification from the American Chiropractic Board of Sports Physicians
- Diplomate American Clinical Board of Nutrition (DACBN)** August 2018 – Present
• Earned my diplomate from the American Clinical Board of Nutrition
- Corrective Exercise Specialist (CES)** August 2020 – Present
• Certified Corrective Exercise Specialist from the National Academy of Sports Medicine (NASM)
- Certified Nutrition Coach (CNC)** March 2021 – Present
• Certified Nutrition Coach from the National Academy of Sports Medicine (NASM)
- Healthcare Provider CPR (BLS)** September 2006 – June 2025
• Certified according to the American Heart Association's 2020 Guidelines for adult basic life support
- American Heart Association CPR Instructor** June 2010 – June 2025
• Certified CPR BLS Instructor from the American Heart Association

PROFESSIONAL EXPERIENCE

Graceland University, Lamoni, IA
Associate Professor of Allied Health

February 2023 - Present

- Promoted to Associate Professor and received Tenure status by the Board of Trustees
- Serve as the Applied Health Science Concentration Director
- Advise students looking to pursue careers in fields such as: Physical Therapy (DPT), Chiropractic (DC), Occupational Therapy (OT), Physician Assistant studies (PA-C), Strength and Conditioning (CSCS), and Athletic Training (ATC)
- Faculty advisor to 29 FT students
- Teach allied health courses to undergraduate students
- Prepare and develop all relevant course materials for all classes
- Develop potential research opportunities for student involvement
- Prepare syllabi, deliver lectures and hold group conversation on related topics with students.

International Federation of Sports Chiropractic (FICS)
Education Commission, Co-Chair

January 2024 – Present

- Direct and manage FICS postgraduate sports chiropractic education programs
- Create, evaluate, and manage FICS' International Certificate in Sports Chiropractic (ICSC) program
- Develop learning outcomes, assessments, and curriculum mapping for online, and hands-on, programs
- Work closely with representatives from FICS' Executive Management Team (EMT) and with representatives from over 30 national councils, representing 30 international countries, and affiliated educational institutions
- Develop and promote articulation agreements with international institutions furthering postgraduate sports chiropractic education
- Coordinate and develop global symposiums in countries such as [Paris, France (2023), Porto, Portugal (2024), Kuala Lumpur, Malaysia (2025), and Global Virtual Symposium (2024)]

Graceland University, Lamoni, IA
Resch Scholarship Director

July 2023 - Present

- Oversee a \$2.5 million gift for students in 6 academic areas: Allied Health, Biology, Chemistry, Mathematics, Data Science, and Computer Science.
- Coordinate the Resch Speaker Series and other scholarly events pertaining to scholarship renewal

Iowa Performance Institute, PLLC, Lamoni, IA
Co-owner/CEO

June 2022 – Present

- Responsible for all day-to-day operations of my business
- Perform physical examinations and orthopedic tests in addition to other chiropractic procedures
- Experience working with collegiate and professional athletes and professional touring musicians
- Utilize a variety of laboratory testing to address root causes of patient's conditions

Graceland University, Lamoni, IA
Faculty Athletic Representative

June 2019 – Present

- Serve as the chair of the NAIA National Drug Testing and Education Committee
- Serve on the HEART Conference Eligibility Review Committee and Conduct and Ethics Committee
- Responsibility of ensuring that all participants in intercollegiate competition are eligible in accordance with the rules and regulations of the Association prior to their representing the institution in any manner
- Participate (either in person or via conference call) in any conference-wide meeting which is set for the purpose of rules education
- Participate (either in person or via conference call) in conference meetings when items on the agenda are pertinent to the faculty member's role as the faculty athletics representative of his/her institution
- Work with the AD to provide a rules education program in a manner consistent with the best practices approved and published by the Council of Faculty Athletics Representatives.

Graceland University, Lamoni, IA
Title IX Investigator

September 2018– Present

- Assist the Dean of Students and Director of Residence life to investigate cases of Title IX
- Interview parties involved in Title IX complaints

Brian C. Nook, DC, ICCSP, FICC

PERSONAL INFORMATION

Name: Associate Professor Brian C. Nook DC, ICSSD, FICC

Mailing Address: 46 W Julian Street #527 San Jose, California USA;

Phone: +1 650 454 9162

E-mail: drbrian.nook@gmail.com

Marital Status: Married (two children)

CURRENT EMPLOYMENT:

Associate Dean of Academic Affairs at Palmer College of Chiropractic West (PCCW), 90 Tasman Drive, San Jose, California USA; Phone: +1 650 454 9162 Email: drbrian.nook@gmail.com

PROFESSIONAL EXPERIENCE

Associate Dean of Academic Affairs, Palmer College of Chiropractic West San Jose California January 2017–present.

- Responsible for curriculum delivery, quality improvement, accreditation and standards. Also, manage with the Academic Dean all academic staff including performance review. Additionally, coordinate and teach Chiropractic Philosophy & Practice II, and Geriatrics. Instruct Chiropractic Clinical Evaluation, Lower Extremity, Cervical Spine, Thoracic Spine and Lumbopelvic spine labs.
- Advisor for Motion Palpation and Extremity Club
- Project lead for Palmer College of Chiropractic West curriculum Mapping 2017.

Dean and Head of College, Australian College of Physical Education: Sydney Olympic Park, Sydney, NSW Australia January 2013 to January 2017.

- Responsible for all management and strategic direction for the College. ACPE is fully Accredited by TEQSA and awards Bachelor degrees in various aspects of Sport, Education, Dance and Health. Manage a AU\$15M budget and over 50 academic and administration staff. Implemented a College restructure to align academic and operational efficiencies. Organised a College wide curriculum review with implementation of a generic degree structure that provide flexibility for student progression and delivery. Initiated a workload management system that provide a clear, transparent and equitable system to plan and monitor academic workload inclusive of teaching, research and scholarship and service to the College, Community and Profession. Secured new location for the College and manage the AU\$10M building and fitout of facilities on Sydney Olympic Park. During this time we have received reaccreditation of the College from the accrediting bod of TEQSA and added seven new degrees including a Bachelor of Health Science.
- Specific to Chiropractic, I designed with my team a new Bachelor of Health Science degree with 5 different majors. This required a benchmarking exercise, curriculum review and development, TEQSA application and submission, course development including syllabi and teaching materials. The degrees were Bachelor of Health Science with majors of Sport, Exercise, Dance, Community Health, and Fitness.

This was approved by TEQSA in 2014 for delivery in 2015. I oversaw the administration of this degree, quality control, continuous improvement and regulation. This educational degree had a strong emphasis on prevention and management of sports injuries that included conservative management of various health care including chiropractic.

Private Practice Consultant to Compassionate Veterinary Medicine: Part Time 120 Oratava Avenue West Pennant Hills, NSW. January 2013 to December 2016.

- During my time as Dean/Head of College at ACPE in Sydney I was a consultant to my wife's Veterinarian practice that is a conservative treatment of primarily small animals especially elite sports dogs in obedience, agility and field trials. This was during my off hours and usually on evenings and weekends. My consultation was for evaluation of radiographs, assessment of musculoskeletal conditions, chiropractic assessment of the animals and supervision of chiropractic care. I did not deliver the treatment as this was performed by Dr Deb Nook. My work schedule was variable depending on the difficulty of the cases but averaged 5 hours per week during January 2013 to December 2016.
- Organised training sessions and consultation on various chiropractic cases with alumni from Murdoch University Chiropractic School. I hosted 4-8 graduates from Murdoch University Chiropractic School 6 times per year at our home or at Waterloo Chiropractic Clinic. This meeting included a set agenda with case reviews, radiographic interpretation, case management, practice management and technique demonstration and treating of each of the attendees.

Dean, School of Chiropractic and Sports Science, Murdoch University: Murdoch WA, Australia December 2006 – December 2013

- Managed and directed the Chiropractic program and added programs in sports science and exercise physiology. Renamed to the School of Chiropractic and Sports Science.
- \$8.3 Million annual budget 27 academics and support staff. Part of the founding team with no specific or dedicated facilities or staff.
- Responsible for Regulations, policies, Academic planning and governance, Skills in dealing with a highly multidisciplinary role, which incorporates financial and human resource management and procedural management dimensions, Management of staff, Space management and managing the physical relocation of staff, Risk management, Academic governance, Enterprise bargaining agreements – Academic and General staff, AUQA, TEQSA, National standards, Accreditation
- Attracted and Employed all academic and administration staff at the School. Co-Author for internal funding of Stage II of Club Rooms for Murdoch Sports Fields: Total Funding \$1.8 Million in 2012. Co-Authored internal funding for expansion of the Murdoch University Chiropractic Clinic and Research Facility: Total Funding \$250,000 in 2012. Author for Health Workforce Australia through Western Australia Department of Health for grant funding for equipment to support Immersive and Simulated Learning: Total Funding \$350,000 in 2011. Co-Author for Teaching and Learning Capital Fund Higher Education (LTC(HE)) for development of new Sports Science Laboratories: Total Funding \$4 Million in 2010. Co-Authored for internal funding for new Diagnostic, Radiology and Anatomy Facilities: Total Funding \$3.1 Million. 2007. Co-Authored Business case for internal funding of new Chiropractic Clinic. Total funding \$3.3 Million in 2006. Co-Authored internal funding for development of new Chiropractic Technique Laboratory: Total Funding \$450,000 in 2005.
- Private practice as Independent contractor for Safety Bay Chiropractic in Rockingham, Western Australia.

Speaker Name: Dan Murphy

Course Title: Medicine and Chiropractic Care

Course Description: The 2021 Nobel Prize in Physiology or Medicine includes the mechanics of position and movement. The mechanics of position and movement are key aspects of chiropractic subluxation and adjustment.

Learning Objectives:

- To understand the difference between compressive neuropathology nerve interference and super sensitivity nerve interference.
- To learn the importance of the Piezo receptors as related to articular position and movement.
- To broaden the understanding of the relationship between the integrity of mechanical function in a gravity environment and cellular physiology including glutathione recycling, lipid peri-oxidation, Co Q10, the mitochondria, and expression of nuclear DNA.

Course Outline:

Hour 1:

0-15 min Review the importance of the modality of touch for the human brain and systemic physiology.

15-30 min Integrate touch as a mechanical modality.

30-45 min Explain touch and mechanics as an integral part of the chiropractic adjustment.

45-60 min Review the 2021 Nobel Prize in Physiology or Medicine and its importance to chiropractic care.

Hour 2:

0-15 min Engage in the neuroanatomy

15-30 min Mechanics of the adjustment (this is an interactive drawing exercise).

30-45 min This section integrates mechanical, visceral, and brain neuroanatomy.

45-60 min Do a 100-year review of the mechanical literature as it applies to chiropractic care, up to the 2021 Nobel Prize; review post-Nobel Prize applications of the importance of spinal alignment and mechanical-based care.

Curriculum Vitae, January 2024

Daniel Murphy, D.C.
P. O. Box 7044
Auburn, CA 95604
(530) 878-6869

Education:

1. Undergraduate three years at the University of California, San Diego
2. 1978, graduated from Western States Chiropractic College, magna cum laude
3. 1986, Diplomate of the American Board of Chiropractic Orthopedics
4. Have accumulated approximately the following post-graduate continuing education hours: Biomechanics: 560 hours; Orthopedics: 1050 hours; X-ray: 530 hours; Neurology: 960 hours; Nutrition 410 hours.

Clinical Experience:

1. Continuous clinical practice 1978 - 2003.
2. Part-time clinical practice 2003 through present.

Undergraduate Teaching Experience:

1982 to present and continuing, part-time undergraduate faculty at Life Chiropractic College West, in Hayward, CA.

Current class is Management of Spinal Disorders; Spinal Pathology Neurology.
Rank, full professor.

Postgraduate Teaching Experience:

Have taught approximately 2,020 twelve-hour postgraduate continuing education classes.

Class topics include: biomechanics of vehicular collisions; biomechanics of spine trauma; biomechanics of pediatric vehicular collisions; soft tissue injury and repair; pain and proprioceptive neurology; the management of spine and spinal related disorders; clinical nutrition.

Publications:

- 1989: Chapter V in Spinal Manipulation: "Posture, Tissues, Neurology and Health", published by Chiropractic Biophysics, Inc.
- 1990-2013: Quarterly Column in the Journal of Clinical Chiropractic.
- 1996: Contributing author: Motor Vehicle Collision Injuries, Aspen Publication.
- 1998: Contributing author: Pediatric Chiropractic, Williams & Wilkins.
- 2005: Contributing author: Motor Vehicle Collision Injuries, 2nd edition, Jones and Bartlett.
- 2011: Contributing author: Pediatric Chiropractic, 2nd edition, Wolters Kluwer, Lippincott Williams & Wilkins.
- 2023: Contributing author: Pediatric Chiropractic, 3rd edition, Wolters Kluwer, Lippincott Williams & Wilkins.

Special Awards:

- 1987, 1991 and 1995: Post-graduate Educator of the Year, International Chiropractic Association.
- 1997: The Carl S. Cleveland, Jr., Educator of the year, International Chiropractic Association of California.
- 2001: Chiropractor of the Year, International Chiropractic Association of California.
- 2003: Chiropractic of the Year, Chiropractic Biophysics.
- 2003-2009: Vice President, International Chiropractic Association.
- 2009-2010: Chiropractor of the Year, International Chiropractic Association.
- 2014: Lifetime Achievement Award, International Association of Functional Neurology and Rehabilitation (IAFNR).
- 2021: Honorary Degree, Life Chiropractic College West (Humanities).
- 2021: Alumni of the Year, University of Western States.

Speaker name: Faye Deane

2 Hours

Title: Biohacking Basics: Strategies for Chiropractors: Integrating Science into Practice

Course Description: This course explores the intersection of biohacking and chiropractic care, equipping chiropractors with the knowledge and tools to optimise patient outcomes through evidence-based approaches. With a focus on the microbiome-pain-IVD axis, angiogenesis, fasting, thermal therapies and strength training participants will learn how to integrate cutting-edge biohacking strategies into their practice. The course emphasizes practical applications, enabling chiropractors to enhance musculoskeletal health, reduce inflammation, and support systemic wellness in their patients.

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

1. Understand the Microbiome-Pain-IVD Axis.
2. Explore Angiogenesis and Recovery.
3. Apply Fasting for Metabolic Health.
4. Incorporate Hot and Cold Therapies.
5. Promote Strength Training and muscle mass as a predictor of longevity.
6. Integrate Biohacking into Practice.

Course Outline:

0:00 - 0:15 | Introduction to Biohacking and Chiropractic Relevance

- **Objectives:**
 - Define biohacking and its synergy with chiropractic care (epigenetics/longevity).
 - Introduce the focus areas: microbiome, angiogenesis, fasting, hot/cold therapy, strength training.
- **Content:**
 - The role of biohacking in enhancing patient outcomes.
 - Chiropractic principles: aligning holistic care with cutting-edge science.
 - Importance of personalized interventions/medicine.

0:15 - 0:30 | Manipulating the Microbiome (Part 1)

- **Focus:**
 - Overview of the microbiome and its role in health and pain regulation.
- **Content:**
 - The microbiome and pain modulation, mental health & sports performance.
 - Bi-directional communication: gut-brain axis, vagus nerve signalling.
 - Role of SCFAs, cytokines, and metabolites in chronic pain.
 - Key probiotics for pain reduction: Lactobacillus, Bifidobacterium.
 - Case studies of microbiome-focused interventions for managing fibromyalgia, IVD degeneration, and rheumatoid arthritis.

0:30 - 0:45 | The Microbiome-Pain-IVD Axis (Part 2)

- The microbiome-intervertebral disc (IVD) axis and its implications for low back pain (LBP).

0:45 - 1:00 | Angiogenesis and Healing

- **Content:**
 - Basics of angiogenesis: new blood vessel growth supporting tissue repair.
 - Foods promoting angiogenesis: berries, green tea, fatty fish.
 - Chiropractic applications:
 - Encouraging angiogenesis through diet and recovery monitoring.
 - Identifying patients with poor circulation or delayed healing.
 - Contraindication – cancer.
 - Food as medicine.

1:00 - 1:15 | Fasting and Metabolic Optimization

- **Content:**
 - Benefits of fasting: autophagy, reduced inflammation, and metabolic health.
 - Types of fasting: 8-hour, 12-hour, 16-hour windows etc.
 - Stages of fasting.
 - How fasting complements chiropractic adjustments:
 - Enhances tissue repair and energy levels.
 - Educates patients on safe fasting practices tailored to health conditions/hormones.

1:15 - 1:30 | Hot and Cold Therapy

- **Content:**
 - Cold therapy: ice baths, cryotherapy for reducing inflammation.
 - Heat therapy: sauna, localized heat to improve blood flow and relax muscles. Benefits (neurodegenerative disease and cardiovascular health).
 - Chiropractic integration – how does this benefit recovery?

1:30 - 1:45 | Strength Training and Movement

- **Content:**
 - Importance of strength training for musculoskeletal health (including testosterone level, the male menopause, longevity).
 - Exercises that support spinal stability and prevent sarcopenia.
 - Chiropractic advice:
 - Prescribing movement programs alongside adjustments.
 - Educating patients on functional and resistance training.
 - Movement is medicine, and strength training is key for longevity and recovery.

Summary and Closing

- **Objectives:**
 - Reinforce the role of biohacking in chiropractic care.
 - Provide actionable strategies for integrating these (create a toolkit checklist).
- **Content:**

- Highlight key takeaways from each section (toolkit checklist for clinicians).

Mrs Faye Deane

F.Deane@tees.ac.uk

Phone: (0044) 07921337853

Board Member, British Chiropractic Association (2259)
Registered Member of The General Chiropractic Council (02822)
Fellow, Royal Society of Public Health (133603)
Fellow, Royal College of Chiropractors (7535)
Fellow, Higher Education Academy (FHEA)

EDUCATION

PhD Candidate (Public Health) <i>Musculoskeletal Health Policy & Systems Research</i> Title: <i>Strengthening Musculoskeletal Health Care Systems: Evaluating Feasibility, Challenges and Opportunities in the United Kingdom.</i> Teesside University	2023 – Ongoing
PgCert Teaching and Learning in Higher Education Teesside University (Obtained)	2021 – 2023
MSc International Public Health University of York (Obtained)	2012 – 2013
BSc (Hons) Chiropractic The Welsh Institute of Chiropractic (Obtained)	2003 – 2007

ADDITIONAL QUALIFICATIONS

Transition to Leadership (Senior Leaders) Teesside University, U.K.	09/2023
Applying Functional Medicine in Clinical Practice (AFMCP) The Institute for Functional Medicine, Washington, USA	06/2022
SOT Europe Levels 1-3, Birmingham, U.K.	2014-2015
Pregnancy & the birthing process Dr Steve Williams, Academy of Functional Paediatrics	01/2009
100-Hour Basic Acupuncture Certification British School of Acupuncture, London, U.K.	04/2008
Neonatal & Infant Examination, Infant Feeding & Gastrointestinal Issues Dr Steve Williams, Academy of Functional Paediatrics	01/2008
The Craniosacral System, Plagiocephaly, Neurobehavioural Disorders Dr Steve Williams, Academy of Functional Paediatrics	12/2007

The Australian Physiotherapy Pilates Institute (APPI)
Matwork Levels 1-3 complete, advanced instructor.

2007-2008

PROFESSIONAL EXPERIENCE

Teesside University, Middlesbrough, U.K. **06/2021-Present**

Course Leader, Senior Lecturer & Academic Placement Leader
School of Health & Life Sciences ethics committee sub-group member

Other roles:

- Regional Citizen Jury working group.
- Academic misconduct panelist.
- Curriculum design MSc Medical Education Group.
- Curriculum design MSc Global Public Health.
- Simulation and virtual reality research group.
- Interprofessional education task and finishing group.
- Mentor via PushFar.

I spearheaded the groundbreaking strategic development, growth, and curriculum design of the newest MSc Chiropractic degree in the U.K., implementing the nation's first formalized chiropractic placement model. This innovative initiative involved the meticulous recruitment, comprehensive training, and continuous development of 28 clinical placement educators in partnership with 4 NHS Foundation Trusts. Additionally, I led a high-performing team to drive Teesside University's ambitious goal of international collaboration with South America. My visionary strategic work in Chile not only resulted in the successful implementation of a series of cutting-edge online learning and teaching activities, along with dynamic student mobility programs, but also prompted a transformative shift in the University's global strategy, underscoring my significant achievements in the field.

International Medical University, Malaysia **05/2024-Present**

External Examiner

British Chiropractic Association **10/2023-Present**

Board of Directors

British Chiropractic Association **10/2023-Present**

Chair: Communication & Marketing Committee

General Chiropractic Council **06/2022-Present**

Investigating Committee & Education visitor

The International Federation of Sports Chiropractic **06/2022-Present**

Co-Chair Education Commission

The World Federation of Chiropractic **03/2022-Present**

Public Health Committee member (Europe)

General Chiropractic Council **2021-Present**

Equality, Diversity & Inclusion working group

BCD Properties Ltd **2009-Present**

Director

Speaker Name: Steve Rallis

Course Title: Chiropractic and the Anxiety Epidemic: Decoding the Nutrient Imbalances that Will Unlock Your Patient's Anxiety

Course Description: What are the most common nutrient imbalances present in anxiety? What are the clinical signs and symptoms? How does a practicing chiropractor best address these from a functional medicine perspective? These are just some of the questions that will be addressed in this compelling 2-hour clinical journey that will provide chiropractors with a structured functional medicine approach to addressing the most common nutrient imbalances underlying their patients' anxiety.

Course Objectives:

- Learn the high-incident nutrient and neurotransmitter imbalances commonly present in anxiety.
- Learn how to correlate clinical symptoms and interpret laboratory findings to these high-incident nutrient and neurotransmitter imbalances in clinical practice.
- Learn targeted functional medicine strategies that directly address these high-incident nutrient imbalances

Course Outline:

0-15: Introduction: a review of common symptoms and diagnostic criteria and limitations to standard-of-care approaches to anxiety-related symptoms and disorders.

15-30: Introduction of high-incident nutrient and neurotransmitter imbalances associated with anxiety, including clinical signs and symptoms.

30-45: Biochemical pathway review of the methylation process, copper overload, zinc depletion, and pyrrole disorders related to neurotransmitter synthesis and expression.

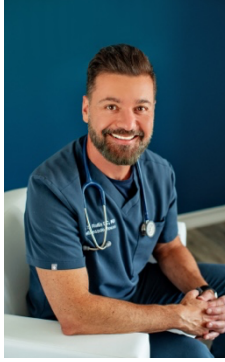
45-60: Continued functional exploration of how altered biochemical pathway expression (functional and epigenetic) results in clinical symptoms.

60-75: Functional medicine parameters to interpreting relevant laboratory findings associated with high-incident imbalances.

75-90: Exploration of targeted functional medicine strategies for all relevant nutrient and neurotransmitter imbalances associated with anxiety-related symptoms (part I).

90-105: Exploration of targeted functional medicine strategies for all relevant nutrient and neurotransmitter imbalances associated with anxiety-related symptoms (part II).

105-120: Clinical Q&A and open forum discussion of clinical teaching.



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

EDUCATION

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 (Biology)</i> May 1995	London, ON

LICENSURE AND CERTIFICATION

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

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

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

Successful completion of Canadian Licensure –Canadian Chiropractic Examining Board

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

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

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

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

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

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

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

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

CLINICAL FOCUS

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

PEER REVIEW PUBLICATIONS

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

AUTHOR

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

Speaker Name: Irum Tahir DC

Course Title: Complex Pelvic Issues in Women's Health

Course Description: Elevate your chiropractic practice by joining Dr. Irum Tahir and delving into managing complex pelvic issues in women's health. This targeted session is designed to enhance your clinical skills and knowledge, enabling you to provide exceptional care for female patients experiencing these conditions. By the end of this class, you will have a clear understanding of how to identify, manage and treat complex pelvic issues in women's health, enhancing your ability to deliver effective and compassionate chiropractic care and become the go to expert in this field.

Course Objectives:

The objectives of this class are to help attendees understand how to identify, assess, evaluate and treat complex pelvic issues as it relates to women's health.

Course Outline:

Hour 1:

1-15 Minutes: Introduction

- Meet Dr. Irum Tahir and understand the significance of addressing complex pelvic issues within chiropractic practice.
- Learn how to effectively manage patient expectations and leverage interdisciplinary referrals from LMTs, OTs, PTs, Pelvic Floor PTs, and OBs.
- Discover strategies for preparing for new patients, including essential communication techniques to ensure they are well-prepared for their visit.

16-30 Minutes: Preparation and Introduction

- Master best practices for scheduling patients and communicating with referral sources.
- Understand the value of starting consultations with gratitude and building rapport with new patients.
- Perfect and highlight your practice's unique value proposition and explain how you will conduct the examination.
- Ensure patient comfort and gain permission to begin examination.
- Discuss common complaints among female patients with complex pelvic issues, including low back pain, sciatica, piriformis syndrome, sacroiliac joint dysfunction, headaches, neck pain, and pubic symphysis dysfunction.
- Set appropriate expectations for patient care.

30-45 Minutes: Subjective Case History

- Understand the importance of a thorough case history and learn specific questions to ask to gain a deeper understanding of the patient's complaints including common complaints related to women's health.
- Recognize red flags and contraindications to care, such as slips, falls, severe abdominal or back pain, and early contractions in prenatal patients.

46-60 Minutes: Objective Assessment

- Conduct a proper objective assessment ensuring patient comfort.
- Perform specific examinations, including musculoskeletal, biomechanical, and gait assessments.

- Learn key orthopedic examination tests and findings.

Hour 2: Complex Pelvic Issues in Women's Health

1-30 Minutes: Key Areas to Assess and Chiropractic Examination

- Assess key areas such as the psoas muscle, piriformis muscle, pyramidalis muscle, pubic symphysis, round ligament, Sacrotuberous ligament, sacrum, ilium, iliac crests, and QL muscle.
- Conduct a chiropractic examination focusing on prenatal, postpartum, and abdominal issues related to women's health
- Learn about ordering and analyzing X-rays with practical examples.

31-60 Minutes: Communicating Findings and Treatment

- Effectively communicate chiropractic findings to patients.
- Develop a clear plan of action and explain findings and treatment plans to new patients.
- Create comprehensive treatment plans, set expectations, and gain patient commitment.
- Importance of specific diagnosis coding.
- Address common lumbopelvic disorders and learn simple pelvic blocking and muscle release techniques for effective results.
- Discuss nutritional recommendations and at-home exercises.
- Integrate all course components into a cohesive approach for identifying, assessing, and resolving complex pelvic issues.

Dr. Irum Tahir

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www.drirumtahir.com • www.ignite-spark.com

Self-starter leader speaking internationally on self-development, business success, growing a multidisciplinary practice, integrating Chiropractic & Medicine as well as managing teams in the workplace. Successful consultant advising clients from small businesses to seven figure companies towards reaching goals, gaining success, streamlining processes and growing revenue. CEO and business owner of High Point Chiropractic Wellness, a dynamic, multi- Doctor business that grew to become the busiest practice in Syracuse, NY with the largest Pregnancy Chiropractic office in all of CNY. Growing leader in the local Chiropractic community and internationally. Collaboration with diverse clients, cultures and professions. Working to bring the fundamentals of success, leadership, and health worldwide.

Leadership & Business Experience

High Point Consulting: Ignite the Spark Owner, Consultant

January 2013 – Present

Worldwide

- Using high energy, focus and passion, combining business and personal development strategies to empower CEOs, for greater success, increasing revenue and changing lives.

My Pregnancy Practice: Owner, Lead Teacher

September 2019- Present

- 8-week course created specifically on improving skills with Prenatal and PostPartum Care, working with OB/GYN's and Midwives in Medical / Chiropractic Collaboration, improving patient and birth outcomes with Chiropractic care. Alumni Group Coaching; Individual Coaching

High Point Chiropractic Wellness: Chiropractor, CEO, and Owner

April 2007 – Present

Syracuse, New York

- Owner, Directing Manager, and CEO of a multidisciplinary wellness center leading a team focusing on helping patients to get to the most optimal health.

Care Credit: Consultant, Speaker, Teacher

2021-2022

- Worked closely with Care Credit to create, market and implement webinars and printed publications on Leadership, Sales, MD Referrals and Collaboration with a diverse array of providers

World Congress of Women Chiropractors: Past President

2013- Present

New York Chiropractic Council: District President

2014- 2018

- District President

Palmer College of Chiropractic: Extension Faculty

2008-2009

- Clinic Abroad in Madagascar and India

Parker College of Chiropractic: Presidents Advisory Council

2015

IMANA: Medical Mission to Jordan working with Syrian Refugees

2017

Honors & Distinctions

October 2011: Named one of the top 100 Entrepreneurs under 30 years of age in the United States by the Kauffman Foundation and the Obama administration.
October 2013: Honored for Entrepreneurship in Healthcare at the UN by Empact Foundation
January 2014: Named *Woman of the Year* in the Chiropractic Profession
October 2014: Honored as one of the Top Entrepreneurs at the United Nations
October 2018: Honored as Top 40 Under 40 Entrepreneurs in Central New York
January 2021: *High Point Chiropractic Wellness* Named Top Chiropractic Practice in Central NY
January 2022: *High Point Chiropractic Wellness* Named Top Chiropractic Practice in Central NY
October 2022: Excellence in Healthcare award – *High Point Chiropractic Wellness* as Facility of Distinction

Education

New York Chiropractic College 2004-2007
Doctor of Chiropractic

Binghamton University 1998-2001
Bachelor of Arts *History, Middle Eastern and N. African Studies*

Webster Technique Certified 2008-Present

Speaking Experience

October 2011: Selected to speak at the **White House** on Entrepreneurship. Washington, DC
January 2012: NYCC students *Love your purpose live your passion through Chiropractic* Seneca Falls, NY
October 2013: Syracuse University *Business Growth & Development* Syracuse, NY
April 2014: New York Chiropractic Council, *Business Success* Syracuse District Syracuse, NY
June 2014: Parker Seminars *Success in Practice* Charleston, SC
October 2014: Empact Honoree: **United Nations** *Business Success and being a CEO* New York, NY
Selected to speak to a group of Entrepreneurs & CEO's at the United Nations New York, NY
October 2014: Parker Seminars, Parker Homecoming Dallas, TX
January 2015 Parker Seminars: *WCWC: Women in Chiropractic* Las Vegas, NV
March 2015: *"4 P's for Practice Success"* Chiropractors Association of Hong Kong Annual Meeting Hong Kong
March 2015: *"Strategies for Success/ Patient Management"* All Day Workshop Hong Kong
April 2015: Onondaga County: Physicians Series *Nutrition; Stress Management; Chiropractic* . Syracuse, NY
April 2015: WISE (Women in the Spirit of Entrepreneurship) *Empowering Your Business* Syracuse, NY
April 2015: Onondaga Community College *Stress Management* Syracuse, NY
May 2015: NYCC Midyear convention, *Chiropractic Success in Practice* Verona, NY
June 2015: Parker Seminars: *Why Parker Seminars* Chicago, IL
July 2015: NY State Mental Health Professionals, *Mind –Body Connection* Keynote Speaker Syracuse, NY
September 2015: *"Breaking through your fears. Unlimited Success"* Chiro Passion Consulting Syracuse, NY
September 2015: NY Council District 9 *Success in Chiropractic Practice* Utica, NY
September 2015: NYCC Homecoming, Seneca Falls NY
October 2015: Life Vision Keynote Speaker *Love your Purpose, Live your Passion* . Atlanta, GA
October 2015, 2016; 2017: NYCC Keynote Speaker: *Success in Practice* Seneca Falls, NY
November 2015: TED TALKS *"How to change limiting beliefs for more success"*(600K+views) Normal, IL
January 2016: Parker Seminars: *The Chiropractic Dream Team* Las Vegas, NV
May 2016: Parker Seminars: *Super Charged Teams get 2X the Results* Pittsburgh, PA
Feb. 2017 Australian Spinal Research Foundation: Annual Conference *Aligning Humanity* Brisbane, Australia
April 2017: Dead Chiropractic Society, Billy De Moss *Aligning Humanity* Newport Beach, CA
May 2017 Chiro Sushi Seminars: *Keynote Address* with Grant Cardone Las Vegas, NV
July 2017: IMANA- Medical Association: *Chiropractic and Medicine* (CME credits) Barcelona, Spain
October 2017: New York Chiropractic Council *Aligning Humanity* New York, NY
March 2018: Elite Chiropractic Coaching *Success in Practice* NewPort Beach, CA
August 2018: Southern Chiropractic Conference *Building A Successful Practice* Nashville, TN

Daniel John

6430 Westridge Street

Murray, UT 84107

(801) 288-9180

dan@danjohn.net

Recent Awards

United Kingdom's Strength and Conditioning Education's Lifetime Achievement Award (2021)

Advisory Board

Master's Degree in Strength and Human Performance
Parker University, Dallas, Texas

Experience

2016 to 2023

Senior Lecturer, St. Mary's University, Twickenham, London
Strength and Conditioning

1999 to 2021

Instructor, Columbia College (Online and Salt Lake Campus)
Religion and Human Experience, Comparative Religions, History of
Christianity

Course Developer for RELI 101: Religion and Human Experience (Online)

2012 to Present

Throws Coach, Westminster College, Salt Lake City

2006-2010

Instructor, Juan Diego Catholic High School
Draper, Utah
Honors Sacred Scripture, Weight lifting, Head Track and Field Coach

1996-2006

Diocesan Director of Religious Education
Diocese of Salt Lake City

1982-1996

Instructor, Judge Memorial Catholic High School
Salt Lake City, Utah
Scripture, Theology, Ancient Civ, Western Civ, Economics

Education

1998

Masters of Religious Education
Loyola of New Orleans

1985

Fulbright Scholar
(Egypt and Israel)

1982

Masters of Science
History
Utah State University

1979

Bachelors of Science
Political Science
Utah State University

1977

Associate of Arts
Paralegal Studies
Skyline College (San Bruno, CA)

Additional studies at Cornell University, University of Utah, Portland State University, and Southern Utah University.

Publications

“Kettlebell Workout Companion”
November 2024

“Armor Building Formula”
May 2024

“Easy Strength for Fat Loss”
July 2023

“Easy Strength Omnibook”
December 2022
ISBN-13:979-8-9874938-0-9

“Attempts”

Speaker Name Daniel John

Course Title: Bounce! The Art and Science of Resilience Part I

Course Description: Using the tools of the strength and conditioning world, this workshop explores the realities of resilience, and the ability to come back after falling, failing, and flailing. We discuss the roles of prevention, rehab, and performance in "bouncing back" from life's challenges.

Course Objectives:

1. Discuss the concept of resilience, also known as "anti-fragile" or "bounce" in the military and athletic worlds, and the strategies to turn challenges into opportunities.
2. Highlight the need for resilience in all areas of life: finances, family, fitness, and friendships, and review some simple concepts to provide bumpers for life's mishaps.
3. Discuss and demonstrate some general training ideas for the whole body that give the participants, and the participant's clients, athletes, and trainees, a tool kit for success over life's sudden storms.

Course Outline:

First 15 minutes Intro by Parker (Ideally we start close to on time) Coaching 101: We begin with the general idea of this three-part formula: Embrace the obvious Invest wisely in asymmetrical risks. Respect the process Note that this is true in all areas of life.

Second 15 minutes Resilience is Bounce: The discussion turns to sports and life examples of "getting back up after being knocked down." The conversation turns to simple steps for health and longevity.

Third 15 minutes Training to be like chain link fence: strong is flexible, flexible is strong. The discussion includes the tools of Pirate Maps and Shark Habits.

Fourth 15 minutes Life has some bad bounces. The participants will be taught a simple system to understand the role of recovery in all its forms. In addition, we will discuss the idea of "should we" or "could we" when it comes to exercise selection.

Fifth 15 minutes Introduction to the Movement Matrix. This is a modern approach to seeing progressive resistance exercise.

Sixth 15 minutes Teaching adults about tension: a big gap in many training programs is teaching how to maintain appropriate tension. It's possible to have a brilliant training program with just simple movements.

Seventh 15 minutes Coaching as a system. In this section, we will focus on the pitfalls of overcoaching and some simple ideas to overcome these issues. The focus will be on two basic cues: "stay tall" and "squeeze."

Eighth 15 minutes This will be the key segment as we discuss overcoming gravity and the importance of level training.

Speaker Name: Cliff Tao DC

Course Title: Radiology Error Part I

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

Learning Objectives:

- Identify common types of errors in radiology interpretation
- Recognize and manage the common cognitive biases
- Develop systems to minimize errors

Course Outline:

Hour 1

0-15 General medical error introduction

-Medical errors leading to death

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

-Case examples with various types of errors

30-45 Medical vs chiropractic radiology error

-Case examples with various types of errors

45-60 Inattentional blindness

-Case examples with various types of errors

HOUR 2

0-15 Sources and causes of radiology errors

Case examples with various types of errors

15-30 Radiology error literature review

Case examples with various types of errors

30-45 Cognitive biases that affect radiologic interpretation

Case examples with various types of errors

45-60 Strategies to minimize cognitive biases

Case examples with various types of errors

CLIFF TAO

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☎ 714-876-1126 📠 714-844-9203
💻 cliff@clifftaodcdacbr.com

PROFESSIONAL LICENSE/CERTIFICATION

California Board of Chiropractic Examiners

License # 27648

Nevada Chiropractic Physician Board

License # B01909

Diplomate, American Chiropractic Board of Radiology

Board Certification # 0279

WORK EXPERIENCE

- Jun 04 to present **Chiropractic Radiologist, *Private Practice, Irvine, CA***
- Diagnostic imaging interpretation and expert review of musculoskeletal and spine studies
- Jan 04 to Dec 13 **Assistant Professor of Radiology, *Southern California University of Health Sciences, Whittier, CA***
- Chiropractic radiology resident instructor
 - Lead and/or assist in various courses and administer clinical requirements in radiology
 - Provide substitute supervising clinician coverage in all clinical rotations
- Jan 04 to Feb 10 **Chiropractic Radiologist, *Hoyt Radiology, Murietta, CA***
- Interpretation in high-volume musculoskeletal and spine imaging practice
 - Generate primary and second opinion interpretation reports

EDUCATION

- Jan 04 to June 04 **University of California - Irvine Medical Center, *Orange, CA***
- Research Fellow in Musculoskeletal and Spine Imaging
- Sept 00 to Dec 03 **Southern California University of Health Sciences, *Whittier, CA***
- Resident in Chiropractic Radiology
- May 97 to Aug 00 **National University of Health Sciences, *Lombard, IL***
- Doctor of Chiropractic

CONTINUING EDUCATION

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

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

PUBLICATIONS

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

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

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

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

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

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

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

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

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

Speaker Name: Drs Christine Foss, James Geiselman, Brian Nook

Course Title: FICS ICSC Lower Extremity Practicum Seminar – 12 hours practicum

Participants will undertake online learning before attending this practicum class. This is the Asynchronous part of the course which is taken on the FICS learning platform as self-paced learning by the learners before attending this part of the seminar.

Session Title: 8 / 9 – Soft Tissue Assessment – Hip and Knee

- **Duration:** 1 hour
- **Date/Time:** Thursday 20 March 14:00 – 15:00

Session Description:

This practicum (synchronous) session (face-to-face) the instructors will:

- Instructors will lead the participants on soft tissue assessments for the hip and knee region which will lead to diagnosis and any possible contraindications or need for referral.
- Learners will practice and refine the range of techniques learnt in previous sessions of this course which support the ability to check the movement of the joints of an athlete or physically active person.
- Motion palpation and coupled chiropractic technique skills of the lower extremities as it applies to the region within this session.

This is 100% hands on session with the learners working in pairs led by an instructor demonstration and class discussion.

Session Objectives:

Practicing the assessment techniques for the hip and knee to include soft tissue techniques.

- Understand techniques to aid muscle movement and enhance athletic performance.
- A range of soft tissue techniques to support sport-injury prevention and rehabilitation.
- Understand a range of motion palpation techniques to check the movement of the joints.
- Understanding the considering the acute, subacute, and chronic phases of care of the most common sports injuries of each extremity covered.

Session Outline:

- 15 Minutes - Acute, and subacute.
 - Post-Isometric Relaxation (PIR) Proprioceptive Neuromuscular Facilitation (PNF).
 - Myofascial Release (Trigger Point Therapy).
- 15 Minutes - Chronic phases of care of the most common sports injuries.
 - Reviewing some case studies and techniques to support common injuries.
 - Instrument assisted techniques.
- 15 Minutes - Contraindications in each phase of care.
 - Case studies.
 - Class question led session.
- 15 Minutes – Practice and questions.

Speaker Name: Drs Christine Foss, James Geiselman, Brian Nook

Course Title: FICS ICSC Lower Extremity Practicum Seminar – 12 hours practicum

Participants will undertake online learning before attending this practicum class. This is the Asynchronous part of the course which is taken on the FICS learning platform as self-paced learning by the learners before attending this part of the seminar.

Session Title: 7 / 9 – Taping techniques to support rehabilitation

- **Duration:** 1 hour
- **Date/Time:** Thursday 20 March 2025 – 13:00 – 14:00

Session Description:

This practicum (synchronous) session (face-to-face) the instructors will:

- Instructors will lead the participants on the practical assessments for a range of taping techniques that will support the athletes return to play.
- Learners will use a range of techniques that will support the ability to aid and support movement of the joints of an athlete or physically active person.

This is 100% hands on session with the learners working in pairs led by an instructor demonstration and class discussion.

Session Objectives:

- Instructors will cover the base applications for the different types of tape and what they are used for.
- Learners will understand the pain mitigation, decompression and neurosensory input from taping techniques.
- Instructors will demonstrate different taping techniques to aid in muscle movement and enhance athletic performance.
- One taping technique for each tape type will be covered in a practical setting. If time allows, additional techniques will be shown.
- Students are given follow up material, access to videos and tape to take home.

Session Outline:

- 15 Minutes: Kinesiology, and Ridge Tape
 - Goal of the tape
 - Red flags and considerations
 - Effects and benefits of the tape
 - Applications and types of injuries are best used for
 - Demonstration of a common taping technique to support the lower extremity
- 15 Minutes: Practice
- 15 Minutes: Biomechanical, Dynamic Tape
 - Goal of the tape
 - Red flags and considerations
 - Effects and benefits of the biomechanical tape
 - Applications and types of injuries are best used for
 - Demonstration of a common taping technique to support the lower extremity
- 15 Minutes: Practice

Curriculum Vitae

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

18 Newark Pompton Tpk.

Riverdale, NJ 07457

DrCFoss@Gmail.com

Office: 973-616-4555

Cell: 201-213-6983

Education:

Doctor of Medicine: University of Health Sciences; Antigua V.I. BWI	2003-2007
Doctor of Chiropractic: New York Chiropractic College Honor Society Phi Chi Omega Recipient	1991-1994
Master of Science: Education/ Sports Medicine: Old Dominion University, Norfolk VA	1987-1988
Bachelor of Science: Physical Education/Sports Medicine Montclair State University; Montclair NJ	1984-1987

Professional Experience:

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

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

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

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

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

Olympic Training Center- Volunteer Athletic Trainer; Colorado Springs 1992

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

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

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

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

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

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

Continuing Education

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

Professional Activities/Awards

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

Dr. James F. Geiselman Jr.

Lamoni, IA 50140

Phone: (217) 370-4760 Email: geiselmandc@gmail.com

EDUCATION

- MS Logan University, Chesterfield, MO** April 2017
Master of Science in Nutrition and Human Performance
Honors: Summa Cum Laude
Concentration: Sports & Fitness Nutrition
- DC Logan University, College of Chiropractic, Chesterfield, MO** April 2015
Doctor of Chiropractic
• Techniques: Diversified, 150 hrs, Logan Basic, 120 hrs, Activator, 90 hrs, Thompson, 45 hrs
- BS Logan University, Chesterfield, MO** June 2013
Bachelor of Science
Major: Human Biology
- BS Illinois College, Jacksonville, IL** May 2010
Bachelor of Science
Major: Psychology / Minors: Biology and Chemistry

LICENSURE

- Illinois Chiropractic License - ACTIVE** August 2017 – July 2026
• Licensed Chiropractor by the Illinois Department of Financial and Professional Regulation
- Missouri Chiropractic License – ACTIVE** September 2020 – February 2025
• Licensed Chiropractor by the Missouri
- Iowa Chiropractic License – ACTIVE** July 2017 – June 2024
• Licensed Chiropractor by the Iowa Board of Chiropractic
- National Registry of Emergency Medical Technicians (NREMT)** January 2020 – March 2026
• Certified EMT by the National Registry of Emergency Medical Technicians
- Emergency Medical Technician – Paramedic** April 2011 - April 2023
• Licensed EMT-P from the Illinois Department of Public Health
- National Board Chiropractic Examiners** December 2014
• Completed Part I, II, III, IV and PT

CERTIFICATIONS

- International Certificate in Sports Chiropractic (ICSC)** March 2021 – Present
• International Certificate in Sports Chiropractic from the International Federation of Sports Chiropractic (FICS)
- Certified Chiropractic Sports Physician (CCSP) (Northwestern Health Sciences)** December 2020 - Present
• Certification from the American Chiropractic Board of Sports Physicians
- Diplomate American Clinical Board of Nutrition (DACBN)** August 2018 – Present
• Earned my diplomate from the American Clinical Board of Nutrition
- Corrective Exercise Specialist (CES)** August 2020 – Present
• Certified Corrective Exercise Specialist from the National Academy of Sports Medicine (NASM)
- Certified Nutrition Coach (CNC)** March 2021 – Present
• Certified Nutrition Coach from the National Academy of Sports Medicine (NASM)
- Healthcare Provider CPR (BLS)** September 2006 – June 2025
• Certified according to the American Heart Association's 2020 Guidelines for adult basic life support
- American Heart Association CPR Instructor** June 2010 – June 2025
• Certified CPR BLS Instructor from the American Heart Association

PROFESSIONAL EXPERIENCE

Graceland University, Lamoni, IA
Associate Professor of Allied Health

February 2023 - Present

- Promoted to Associate Professor and received Tenure status by the Board of Trustees
- Serve as the Applied Health Science Concentration Director
- Advise students looking to pursue careers in fields such as: Physical Therapy (DPT), Chiropractic (DC), Occupational Therapy (OT), Physician Assistant studies (PA-C), Strength and Conditioning (CSCS), and Athletic Training (ATC)
- Faculty advisor to 29 FT students
- Teach allied health courses to undergraduate students
- Prepare and develop all relevant course materials for all classes
- Develop potential research opportunities for student involvement
- Prepare syllabi, deliver lectures and hold group conversation on related topics with students.

International Federation of Sports Chiropractic (FICS)
Education Commission, Co-Chair

January 2024 – Present

- Direct and manage FICS postgraduate sports chiropractic education programs
- Create, evaluate, and manage FICS' International Certificate in Sports Chiropractic (ICSC) program
- Develop learning outcomes, assessments, and curriculum mapping for online, and hands-on, programs
- Work closely with representatives from FICS' Executive Management Team (EMT) and with representatives from over 30 national councils, representing 30 international countries, and affiliated educational institutions
- Develop and promote articulation agreements with international institutions furthering postgraduate sports chiropractic education
- Coordinate and develop global symposiums in countries such as [Paris, France (2023), Porto, Portugal (2024), Kuala Lumpur, Malaysia (2025), and Global Virtual Symposium (2024)]

Graceland University, Lamoni, IA
Resch Scholarship Director

July 2023 - Present

- Oversee a \$2.5 million gift for students in 6 academic areas: Allied Health, Biology, Chemistry, Mathematics, Data Science, and Computer Science.
- Coordinate the Resch Speaker Series and other scholarly events pertaining to scholarship renewal

Iowa Performance Institute, PLLC, Lamoni, IA
Co-owner/CEO

June 2022 – Present

- Responsible for all day-to-day operations of my business
- Perform physical examinations and orthopedic tests in addition to other chiropractic procedures
- Experience working with collegiate and professional athletes and professional touring musicians
- Utilize a variety of laboratory testing to address root causes of patient's conditions

Graceland University, Lamoni, IA
Faculty Athletic Representative

June 2019 – Present

- Serve as the chair of the NAIA National Drug Testing and Education Committee
- Serve on the HEART Conference Eligibility Review Committee and Conduct and Ethics Committee
- Responsibility of ensuring that all participants in intercollegiate competition are eligible in accordance with the rules and regulations of the Association prior to their representing the institution in any manner
- Participate (either in person or via conference call) in any conference-wide meeting which is set for the purpose of rules education
- Participate (either in person or via conference call) in conference meetings when items on the agenda are pertinent to the faculty member's role as the faculty athletics representative of his/her institution
- Work with the AD to provide a rules education program in a manner consistent with the best practices approved and published by the Council of Faculty Athletics Representatives.

Graceland University, Lamoni, IA
Title IX Investigator

September 2018– Present

- Assist the Dean of Students and Director of Residence life to investigate cases of Title IX
- Interview parties involved in Title IX complaints

Brian C. Nook, DC, ICCSP, FICC

PERSONAL INFORMATION

Name: Associate Professor Brian C. Nook DC, ICSSD, FICC

Mailing Address: 46 W Julian Street #527 San Jose, California USA;

Phone: +1 650 454 9162

E-mail: drbrian.nook@gmail.com

Marital Status: Married (two children)

CURRENT EMPLOYMENT:

Associate Dean of Academic Affairs at Palmer College of Chiropractic West (PCCW), 90 Tasman Drive, San Jose, California USA; Phone: +1 650 454 9162 Email: drbrian.nook@gmail.com

PROFESSIONAL EXPERIENCE

Associate Dean of Academic Affairs, Palmer College of Chiropractic West San Jose California January 2017–present.

- Responsible for curriculum delivery, quality improvement, accreditation and standards. Also, manage with the Academic Dean all academic staff including performance review. Additionally, coordinate and teach Chiropractic Philosophy & Practice II, and Geriatrics. Instruct Chiropractic Clinical Evaluation, Lower Extremity, Cervical Spine, Thoracic Spine and Lumbopelvic spine labs.
- Advisor for Motion Palpation and Extremity Club
- Project lead for Palmer College of Chiropractic West curriculum Mapping 2017.

Dean and Head of College, Australian College of Physical Education: Sydney Olympic Park, Sydney, NSW Australia January 2013 to January 2017.

- Responsible for all management and strategic direction for the College. ACPE is fully Accredited by TEQSA and awards Bachelor degrees in various aspects of Sport, Education, Dance and Health. Manage a AU\$15M budget and over 50 academic and administration staff. Implemented a College restructure to align academic and operational efficiencies. Organised a College wide curriculum review with implementation of a generic degree structure that provide flexibility for student progression and delivery. Initiated a workload management system that provide a clear, transparent and equitable system to plan and monitor academic workload inclusive of teaching, research and scholarship and service to the College, Community and Profession. Secured new location for the College and manage the AU\$10M building and fitout of facilities on Sydney Olympic Park. During this time we have received reaccreditation of the College from the accrediting bod of TEQSA and added seven new degrees including a Bachelor of Health Science.
- Specific to Chiropractic, I designed with my team a new Bachelor of Health Science degree with 5 different majors. This required a benchmarking exercise, curriculum review and development, TEQSA application and submission, course development including syllabi and teaching materials. The degrees were Bachelor of Health Science with majors of Sport, Exercise, Dance, Community Health, and Fitness.

This was approved by TEQSA in 2014 for delivery in 2015. I oversaw the administration of this degree, quality control, continuous improvement and regulation. This educational degree had a strong emphasis on prevention and management of sports injuries that included conservative management of various health care including chiropractic.

Private Practice Consultant to Compassionate Veterinary Medicine: Part Time 120 Oratava Avenue West Pennant Hills, NSW. January 2013 to December 2016.

- During my time as Dean/Head of College at ACPE in Sydney I was a consultant to my wife's Veterinarian practice that is a conservative treatment of primarily small animals especially elite sports dogs in obedience, agility and field trials. This was during my off hours and usually on evenings and weekends. My consultation was for evaluation of radiographs, assessment of musculoskeletal conditions, chiropractic assessment of the animals and supervision of chiropractic care. I did not deliver the treatment as this was performed by Dr Deb Nook. My work schedule was variable depending on the difficulty of the cases but averaged 5 hours per week during January 2013 to December 2016.
- Organised training sessions and consultation on various chiropractic cases with alumni from Murdoch University Chiropractic School. I hosted 4-8 graduates from Murdoch University Chiropractic School 6 times per year at our home or at Waterloo Chiropractic Clinic. This meeting included a set agenda with case reviews, radiographic interpretation, case management, practice management and technique demonstration and treating of each of the attendees.

Dean, School of Chiropractic and Sports Science, Murdoch University: Murdoch WA, Australia December 2006 – December 2013

- Managed and directed the Chiropractic program and added programs in sports science and exercise physiology. Renamed to the School of Chiropractic and Sports Science.
- \$8.3 Million annual budget 27 academics and support staff. Part of the founding team with no specific or dedicated facilities or staff.
- Responsible for Regulations, policies, Academic planning and governance, Skills in dealing with a highly multidisciplinary role, which incorporates financial and human resource management and procedural management dimensions, Management of staff, Space management and managing the physical relocation of staff, Risk management, Academic governance, Enterprise bargaining agreements – Academic and General staff, AUQA, TEQSA, National standards, Accreditation
- Attracted and Employed all academic and administration staff at the School. Co-Author for internal funding of Stage II of Club Rooms for Murdoch Sports Fields: Total Funding \$1.8 Million in 2012. Co-Authored internal funding for expansion of the Murdoch University Chiropractic Clinic and Research Facility: Total Funding \$250,000 in 2012. Author for Health Workforce Australia through Western Australia Department of Health for grant funding for equipment to support Immersive and Simulated Learning: Total Funding \$350,000 in 2011. Co-Author for Teaching and Learning Capital Fund Higher Education (LTC(HE)) for development of new Sports Science Laboratories: Total Funding \$4 Million in 2010. Co-Authored for internal funding for new Diagnostic, Radiology and Anatomy Facilities: Total Funding \$3.1 Million. 2007. Co-Authored Business case for internal funding of new Chiropractic Clinic. Total funding \$3.3 Million in 2006. Co-Authored internal funding for development of new Chiropractic Technique Laboratory: Total Funding \$450,000 in 2005.
- Private practice as Independent contractor for Safety Bay Chiropractic in Rockingham, Western Australia.

Speaker Name: Chris Cantu

Course Title: FPIES Uncovered: Pediatric Food Sensitivities Diagnosis and Treatment

Course Description: Food Protein-Induced Enterocolitis Syndrome (FPIES) is a rare and often misunderstood condition that affects both infants and children, causing severe gastrointestinal reactions to certain foods. This seminar will provide an in-depth exploration of FPIES, offering valuable insights into the symptoms, diagnosis, and management of the condition.

Course Objectives:

1. Identify the Symptoms and Triggers of FPIES
2. Understand the Diagnostic Process for FPIES
3. Develop Effective Management Strategies
4. Implement Supportive Care Plans for Families
5. Enhancing Collaboration Between Healthcare Providers and Families
6. Providing Resources for Ongoing Support and Advocacy
7. The Latest Research and Advancements

Course Outline:

3:30 - 3:45 Identify the Symptoms and Triggers of FPIES: Recognize the key clinical signs and potential food triggers associated with FPIES, distinguishing it from other gastrointestinal disorders.

3:46 - 3:55 Understand the Diagnostic Process for FPIES: Explain the steps involved in diagnosing FPIES, including the role of clinical history, tests, and the process of ruling out other conditions.

3:56 - 4:05 Develop Effective Management Strategies: Formulate appropriate management plans for children with FPIES, including dietary modifications, and long-term care strategies.

4:06 - 4:11 Implement Supportive Care Plans for Families: Advise families on creating a safe and supportive environment for children with FPIES, focusing on coping mechanisms, food substitutions, and navigating social situations like school and family gatherings.

4:12 - 4:16 Enhancing Collaboration Between Healthcare Providers and Families: Foster collaborative approaches between healthcare providers and families, emphasizing open communication, ongoing monitoring, and education to improve patient outcomes.

4:17 - 4 :20 Providing Resources for Ongoing Support and Advocacy: Identify key resources, support networks, and advocacy initiatives available to families and healthcare professionals to further enhance care and awareness of FPIES.

4:21 - 4:30 The Latest Research and Advancements: Stay current with recent developments in the understanding, treatment, and management of FPIES to provide the most up-to-date care..

Dr. Christopher-Andrew Cantu



325-864-9342

4107 Pine Glen Rd

Christopher.Cantu@Hotmail.com

Corinth, TX 76208

OBJECTIVE

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

Degrees

Parker University

Doctor of Chiropractic

Dallas, TX

25 April, 2014

Parker University

Bachelor of Sciences, Anatomy

Dallas, TX

25 April, 2014

Parker University

Bachelor of Science, Health and Wellness

Dallas, TX

25 April, 2014

EXPERIENCE

- Parker University** Dallas, TX Oct 2019 – Present
Associate 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.
- Get Right Equine Sports Massage Therapy** San Augustine, TX Oct 2019 – Dec 2021
Equine Massage Therapist
- Massage therapy specializing in acute and chronic soft tissue conditions in the equine population.
 - Use of low-level laser to increase healing of equine patients.
 - Performed kinesiology tape for edema and soft tissue support on equine patients.
 - Health/Educational marketing and public speaking to western rodeo participants on horse maintenance.
 - Specialized in restoring function using massage therapy and soft tissue modalities.
- 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

Speaker Name: Andy Galpin

Course Title: Human Performance Innovations: Tools, Technologies, and Tactics

Course Description: The lecture will cover available and emerging aspects of human performance enhancement. What do we know? What are we missing? What problems will likely be solved in the near future. How that will change clinical and coaching practices.

Course Objectives:

Discuss the current limitations in knowledge and biggest gaps in human performance science

*Discuss recent or upcoming solutions to these challenges

*Discuss how this translates to individual clients and practitioners

Course Outline:

1. What problems exist. We will explore current and emerging aspects of human performance enhancement, highlighting advancements in technology, biology, and psychology
2. Current and major limitations– what is currently understood about human performance, identifying key achievements and evidence–based practices.
3. Major breakthroughs in recent years– will focus on knowledge gaps and unresolved challenges, including limitations in research and barriers to implementation.
4. Application of novel solutions– Insights will be provided on how upcoming solutions and innovations may transform clinical and coaching practices, paving the way for more effective strategies.

Andrew J. Galpin

Phone: 657-278-2112

Email: agalpin@fullerton.edu

PROFESSIONAL EXPERIENCE

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

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

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

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

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

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

Consultant: 2011-present

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

EDUCATION

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

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

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

TEACHING

Academic Lecture Courses:

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

Independent Study/Internship:

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

Mentorship:

Speaker Name: Tim Bertelsman

Course Title: Practical Research Insights: 5 New Skills That Improve MSK Patient Outcomes

Course Description: Discover the latest best practices in managing common musculoskeletal complaints in this fast-paced and engaging workshop. Dr. Bertelsman will present cutting-edge insights from the past 24 months of clinical research and demonstrate essential evaluation, treatment, and rehabilitation techniques for the most prevalent MSK issues. Attendees will gain practical, real-world skills to confidently implement in-office or home-based care, leaving with updated expertise to tackle everyday clinical challenges.

Course Objectives:

- Recognize key patterns of dysfunction and their role in chronic musculoskeletal pathologies.
- Review practical orthopedic assessments for common conditions, including low back pain and rotator cuff pathology.
- Learn practical applications of research-backed treatments and home exercises for soft tissue injuries and joint dysfunctions.

Course Outline:

Part 1:(15 minutes)

- The latest evidence supporting chiropractic care and its role in managing MSK complaints.

Part 2: (15 minutes)

- Validated orthopedic assessments for accurately diagnosing common musculoskeletal conditions.

Part 3: (15 minutes)

- Proven treatment strategies for muscle, joint, and nerve presentations.

Part 4: (15 minutes)

- Practical, home-based rehab exercises proven to enhance patient outcomes.

Curriculum Vitae

Timothy J Bertelsman, DC, CCSP, DACO

Contact Information:

Premier Rehab

4460 North Illinois St

Swansea, IL 62226

(618) 236-3738

tbertelsman@gmail.com

IL lic # 038-006949

Education:

Logan College of Chiropractic 1988-1991

BS – Human Biology

DC – Doctor of Chiropractic, Cum Laude

Logan College of Chiropractic 1991-1994

Certified Chiropractic Sports Physician Program

Chiropractic Sports Diplomate Program

Licensure:

Licensed Chiropractic Physician State of Illinois 1992-present

Certification:

Certified Chiropractic Sports Physician (CCSP)

Diplomate - Academy of Chiropractic Orthopedists (DACO)

Diplomate - International Academy of Neuromusculoskeletal Medicine (DIANM) (*Formerly DACO*)

Memberships:

Illinois Chiropractic Society

Executive Committee 2011- 2020

President 2017- 2018

1st Vice President 2015- 2016

Southern District President 2008

American Chiropractic Association

American College of Chiropractic Orthopedists

International Academy of Neuromusculoskeletal Medicine

Curriculum Vitae

Timothy J Bertelsman DC, CCSP, DACO

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Memberships (con't):

American Back Society

Former Symposium Faculty Presenter

Awards and Recognitions:

Academy of Chiropractic Orthopedists – 2018 Presidents Award

Illinois Chiropractic Society – 2019 Chiropractic Physician of the Year

Publications:

Journal of the Illinois Chiropractic Society

Regular Columnist: Clinical Topics 2011- Present

Georgia Chiropractic Association, Fall 2013

Differentiation of Lateral Epicondylopathy and Radial Tunnel Syndrome

The Montana Chiropractor, Dec 2013

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

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

Shoulder Anterior Impingement Syndrome

Chiropractic Economics, July 2018

Your Ability to Diagnose Functional Deficiencies is an Essential Skill

CME Presentations:

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

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

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

Illinois Chiropractic Society, Mastering the Rotator Cuff, March 2014

Indiana State Chiropractic Association, Low Back Continuum, October 2014

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

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

Speaker Name: Nichelle Gurule

Course Title: Lifelong Pelvic Health: A Blueprint for Chiropractic Care from Pregnancy to Postpartum

Course Description: Discover how chiropractic care and education support pelvic health during pregnancy, reduce pelvic floor risks, enhance birth outcomes, and aid in postpartum recovery.

Course Objectives:

- **Understand the Basics of Pelvic Health and Chiropractic Care:** Learn the fundamentals of pelvic anatomy and physiology, as well as the principles of chiropractic care and how it supports pelvic health.
- **Recognize Physiological Changes During Pregnancy:** Identify the common physiological changes and challenges faced during pregnancy and how chiropractic care can address these issues.
- **Prepare for Natural Childbirth with Chiropractic Techniques:** Discover chiropractic techniques and adjustments that help prepare the body for childbirth, ensuring optimal pelvic alignment and function.
- **Implement Postpartum Chiropractic Care:** Gain knowledge on immediate and long-term postpartum chiropractic care, including recovery practices, addressing pelvic floor issues, and exercises to support ongoing pelvic health.
- **Integrate Chiropractic Care into Daily Life:** Learn how to incorporate chiropractic practices into daily routines to maintain pelvic health, understand the impact of posture and ergonomics, and identify signs that require professional intervention.

Course Outline:

1. Introduction – 15 min

a. Welcome and Overview

- i. Introduction to the importance of pelvic health and chiropractic care.
- b. Brief overview of the lecture content and objectives.
- c. Lifelong impact of pelvic dysfunctions

2. Understanding Pelvic Health and Chiropractic Care – 15 min

a. Pelvic Anatomy and Physiology

- i. Basics of pelvic anatomy and function.
- ii. Role of the pelvic floor in overall health.

b. Chiropractic Principles

- i. Fundamentals of chiropractic care.
- ii. How chiropractic care supports pelvic health.

3. Chiropractic Care During Pregnancy and Postpartum – **15 min**

a. Physiological Changes and Challenges

- i. Overview of the changes in the body during pregnancy and postpartum
- ii. Common issues faced during pregnancy and postpartum that chiropractic care can address.

b. Chiropractic Techniques for Pregnant Women

- i. Safe and effective chiropractic adjustments during pregnancy.
- ii. Benefits of chiropractic care for pregnant women (e.g., reduced back pain, improved pelvic alignment).

c. Immediate Postpartum Care

- i. Recovery and initial chiropractic care after childbirth.
- ii. Addressing postpartum pelvic floor issues with chiropractic adjustments.

d. Long-Term Postpartum Care

- i. Ongoing chiropractic care for pelvic health maintenance.
- ii. Exercises and practices to support recovery and strengthen the pelvic floor.

4. Preparing for Natural Childbirth – **15 min**

a. Role of Chiropractic Care in Birth Preparation

- i. How chiropractic care can prepare the body for childbirth.
- ii. Techniques to ensure optimal pelvic alignment and function.

b. Chiropractic Adjustments for Labor and Delivery

- i. Strategies for maintaining pelvic health during labor.
- ii. Importance of chiropractic support during the birthing process.

c. Integrating Chiropractic Care into Daily Life

d. Lifestyle and Pelvic Health

- i. Incorporating chiropractic practices into daily routines.
- ii. Impact of posture, movement, and ergonomics on pelvic health.

e. Self-care and Home Practices

- i. Tips for self-care and home-based exercises.
- ii. Importance of continued chiropractic care and monitoring.

f. Exercises and mobility to help the pelvic floor

g. Audience participation in the rehab

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

OBJECTIVE

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

EDUCATION

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

Doctorate of Chiropractic

December 2013

Magna Cum Laude (GPA 4.0), Valedictorian, Presidential Scholar, Deans Award 2010 - 2013

Chiropractic Internship, Walter Reed National Military Medical Center, Bethesda, MD, 2013

University of Colorado at Boulder, Boulder, CO

BS in Integrative Physiology

BS in Psychology and Neuroscience

May 2010

Dean's List Award 2005-2009

EMPLOYMENT

Live Loud Chiropractic, Lafayette, CO

January 2015 - Present

Co-Owner and Chiropractor

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

Gaia Health Academy, Louisville, CO

January 2020 – Present

Founder and Educator

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

Professional Speaker, Various Locations, USA

May 2017 – Present

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

Gaia Health, Louisville, CO

January 2016 – Merged in 2020

Owner and Chiropractor

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

CID Management

November 2015 - January 2018

Clinical Reviewer

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

Moov CrossFit, Louisville, CO

November 2015 - October 2016

Personal Trainer/Coach

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

Symmetry Sports Therapy, Los Gatos, CA

January 2014 - November 2014

Associate Chiropractor

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

Body Firm, Los Gatos, CA

January 2014 - November 2014

Personal Trainer

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

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

June 2013 - December 2013

Chiropractic Student Intern

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

Speaker Name Daniel John

Course Title: Bounce! The Art and Science of Resilience Part II

Course Description: Using the tools of the strength and conditioning world, this workshop explores the realities of resilience, and the ability to come back after falling, failing, and flailing. We discuss the roles of prevention, rehab, and performance in "bouncing back" from life's challenges.

Course Objectives:

1. Discuss the concept of resilience, also known as "anti-fragile" or "bounce" in the military and athletic worlds, and the strategies to turn challenges into opportunities.
2. Highlight the need for resilience in all areas of life: finances, family, fitness, and friendships, and review some simple concepts to provide bumpers for life's mishaps.
3. Discuss and demonstrate some general training ideas for the whole body that give the participants, and the participant's clients, athletes, and trainees, a tool kit for success over life's sudden storms.

Course Outline:

First 15 minutes A short review of the history of level changes and the obvious lack of it in training since the 1970s.

Second 15 minutes Level changes in the push, pull, hinge, squat, and loaded carry. Combining movements into workouts.

Third 15 minutes Demonstrating basic combinations of movements and a few thoughts on new ideas to consider for training.

Fourth 15 minutes A quick discussion on recovery tools and Q and A.

Daniel John

6430 Westridge Street

Murray, UT 84107

(801) 288-9180

dan@danjohn.net

Recent Awards

United Kingdom's Strength and Conditioning Education's Lifetime Achievement Award (2021)

Advisory Board

Master's Degree in Strength and Human Performance
Parker University, Dallas, Texas

Experience

2016 to 2023

Senior Lecturer, St. Mary's University, Twickenham, London
Strength and Conditioning

1999 to 2021

Instructor, Columbia College (Online and Salt Lake Campus)
Religion and Human Experience, Comparative Religions, History of
Christianity

Course Developer for RELI 101: Religion and Human Experience (Online)

2012 to Present

Throws Coach, Westminster College, Salt Lake City

2006-2010

Instructor, Juan Diego Catholic High School
Draper, Utah
Honors Sacred Scripture, Weight lifting, Head Track and Field Coach

1996-2006

Diocesan Director of Religious Education
Diocese of Salt Lake City

1982-1996

Instructor, Judge Memorial Catholic High School
Salt Lake City, Utah
Scripture, Theology, Ancient Civ, Western Civ, Economics

Education

1998

Masters of Religious Education
Loyola of New Orleans

1985

Fulbright Scholar
(Egypt and Israel)

1982

Masters of Science
History
Utah State University

1979

Bachelors of Science
Political Science
Utah State University

1977

Associate of Arts
Paralegal Studies
Skyline College (San Bruno, CA)

Additional studies at Cornell University, University of Utah, Portland State University, and Southern Utah University.

Publications

“Kettlebell Workout Companion”
November 2024

“Armor Building Formula”
May 2024

“Easy Strength for Fat Loss”
July 2023

“Easy Strength Omnibook”
December 2022
ISBN-13:979-8-9874938-0-9

“Attempts”

Speaker Name: Cliff Tao DC

Course Title: Radiology Error Part II

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

Learning Objectives:

- Identify common types of errors in radiology interpretation
- Recognize and manage the common cognitive biases
- Develop systems to minimize errors

Course Outline:

Hour 3

0-15

Time management and workflow solutions

Case examples with various types of errors

15-30

Software solutions to maximize proficiency

Case examples with multiple types of errors

30-45

Minimizing error rates

Case examples with multiple types of errors

45-60

Review of key case examples

Conclusion and key points

CLIFF TAO

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☎ 714-876-1126 📠 714-844-9203
💻 cliff@clifftaodcdacbr.com

PROFESSIONAL LICENSE/CERTIFICATION

California Board of Chiropractic Examiners

License # 27648

Nevada Chiropractic Physician Board

License # B01909

Diplomate, American Chiropractic Board of Radiology

Board Certification # 0279

WORK EXPERIENCE

- Jun 04 to present **Chiropractic Radiologist, *Private Practice, Irvine, CA***
- Diagnostic imaging interpretation and expert review of musculoskeletal and spine studies
- Jan 04 to Dec 13 **Assistant Professor of Radiology, *Southern California University of Health Sciences, Whittier, CA***
- Chiropractic radiology resident instructor
 - Lead and/or assist in various courses and administer clinical requirements in radiology
 - Provide substitute supervising clinician coverage in all clinical rotations
- Jan 04 to Feb 10 **Chiropractic Radiologist, *Hoyt Radiology, Murietta, CA***
- Interpretation in high-volume musculoskeletal and spine imaging practice
 - Generate primary and second opinion interpretation reports

EDUCATION

- Jan 04 to June 04 **University of California - Irvine Medical Center, *Orange, CA***
- Research Fellow in Musculoskeletal and Spine Imaging
- Sept 00 to Dec 03 **Southern California University of Health Sciences, *Whittier, CA***
- Resident in Chiropractic Radiology
- May 97 to Aug 00 **National University of Health Sciences, *Lombard, IL***
- Doctor of Chiropractic

CONTINUING EDUCATION

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

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

PUBLICATIONS

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

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

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

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

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

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

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

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

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

Speaker Name: Drs Christine Foss, James Geiselman, Brian Nook

Course Title: FICS ICSC Lower Extremity Practicum Seminar
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Participants will undertake online learning before attending this practicum class. This is the Asynchronous part of the course which is taken on the FICS learning platform as self-paced learning by the learners before attending this part of the seminar.

Session Title: 9 / 9 – Soft Tissue Assessment – Ankle and foot

- **Duration:** 1 hour
- **Date/Time:** Thursday 19 March – 15:30 – 16:30

Session Description:

This practicum (synchronous) session (face-to-face session) the instructors will:

- Instructors will lead the participants on soft tissue assessments for the ankle and foot region which will lead to diagnosis and any possible contraindications or need for referral.
- Learners will practice and refine the range of techniques learnt in previous sessions of this course which support the ability to check the movement of the joints of an athlete or physically active person.
- Motion palpation and coupled chiropractic technique skills of the lower extremities as it applies to the region within this session.

This is 100% hands on session with the learners working in pairs led by an instructor demonstration and class discussion.

Session Objectives:

Practicing the assessment techniques for the ankle and foot to include soft tissue techniques.

- Understand techniques to aid muscle movement and enhance athletic performance.
- A range of soft tissue techniques to support sport-injury prevention and rehabilitation.
- Understand a range of motion palpation techniques to check the movement of the joints.
- Understanding the considering the acute, subacute, and chronic phases of care of the most common sports injuries of each extremity covered.

Session Outline:

- 15 Minutes - Acute, and subacute
 - Post-Isometric Relaxation (PIR) Proprioceptive Neuromuscular Facilitation (PNF).
 - Myofascial Release (Trigger Point Therapy).
- 15 Minutes - Chronic phases of care of the most common sports injuries
 - Reviewing some case studies and techniques to support common injuries.
 - Instrument assisted techniques.
- 15 Minutes - Contraindications in each phase of care
 - Case studies.
 - Class question led session.
- 15 Minutes – Practice and questions.

Curriculum Vitae

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

18 Newark Pompton Tpk.

Riverdale, NJ 07457

DrCFoss@Gmail.com

Office: 973-616-4555

Cell: 201-213-6983

Education:

Doctor of Medicine: University of Health Sciences; Antigua V.I. BWI	2003-2007
Doctor of Chiropractic: New York Chiropractic College Honor Society Phi Chi Omega Recipient	1991-1994
Master of Science: Education/ Sports Medicine: Old Dominion University, Norfolk VA	1987-1988
Bachelor of Science: Physical Education/Sports Medicine Montclair State University; Montclair NJ	1984-1987

Professional Experience:

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

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

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

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

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

Olympic Training Center- Volunteer Athletic Trainer; Colorado Springs 1992

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

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

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

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

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

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

Continuing Education

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

Professional Activities/Awards

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

Dr. James F. Geiselman Jr.

Lamoni, IA 50140

Phone: (217) 370-4760 Email: geiselmandc@gmail.com

EDUCATION

- MS Logan University, Chesterfield, MO** April 2017
Master of Science in Nutrition and Human Performance
Honors: Summa Cum Laude
Concentration: Sports & Fitness Nutrition
- DC Logan University, College of Chiropractic, Chesterfield, MO** April 2015
Doctor of Chiropractic
• Techniques: Diversified, 150 hrs, Logan Basic, 120 hrs, Activator, 90 hrs, Thompson, 45 hrs
- BS Logan University, Chesterfield, MO** June 2013
Bachelor of Science
Major: Human Biology
- BS Illinois College, Jacksonville, IL** May 2010
Bachelor of Science
Major: Psychology / Minors: Biology and Chemistry

LICENSURE

- Illinois Chiropractic License - ACTIVE** August 2017 – July 2026
• Licensed Chiropractor by the Illinois Department of Financial and Professional Regulation
- Missouri Chiropractic License – ACTIVE** September 2020 – February 2025
• Licensed Chiropractor by the Missouri
- Iowa Chiropractic License – ACTIVE** July 2017 – June 2024
• Licensed Chiropractor by the Iowa Board of Chiropractic
- National Registry of Emergency Medical Technicians (NREMT)** January 2020 – March 2026
• Certified EMT by the National Registry of Emergency Medical Technicians
- Emergency Medical Technician – Paramedic** April 2011 - April 2023
• Licensed EMT-P from the Illinois Department of Public Health
- National Board Chiropractic Examiners** December 2014
• Completed Part I, II, III, IV and PT

CERTIFICATIONS

- International Certificate in Sports Chiropractic (ICSC)** March 2021 – Present
• International Certificate in Sports Chiropractic from the International Federation of Sports Chiropractic (FICS)
- Certified Chiropractic Sports Physician (CCSP) (Northwestern Health Sciences)** December 2020 - Present
• Certification from the American Chiropractic Board of Sports Physicians
- Diplomate American Clinical Board of Nutrition (DACBN)** August 2018 – Present
• Earned my diplomate from the American Clinical Board of Nutrition
- Corrective Exercise Specialist (CES)** August 2020 – Present
• Certified Corrective Exercise Specialist from the National Academy of Sports Medicine (NASM)
- Certified Nutrition Coach (CNC)** March 2021 – Present
• Certified Nutrition Coach from the National Academy of Sports Medicine (NASM)
- Healthcare Provider CPR (BLS)** September 2006 – June 2025
• Certified according to the American Heart Association's 2020 Guidelines for adult basic life support
- American Heart Association CPR Instructor** June 2010 – June 2025
• Certified CPR BLS Instructor from the American Heart Association

PROFESSIONAL EXPERIENCE

Graceland University, Lamoni, IA
Associate Professor of Allied Health

February 2023 - Present

- Promoted to Associate Professor and received Tenure status by the Board of Trustees
- Serve as the Applied Health Science Concentration Director
- Advise students looking to pursue careers in fields such as: Physical Therapy (DPT), Chiropractic (DC), Occupational Therapy (OT), Physician Assistant studies (PA-C), Strength and Conditioning (CSCS), and Athletic Training (ATC)
- Faculty advisor to 29 FT students
- Teach allied health courses to undergraduate students
- Prepare and develop all relevant course materials for all classes
- Develop potential research opportunities for student involvement
- Prepare syllabi, deliver lectures and hold group conversation on related topics with students.

International Federation of Sports Chiropractic (FICS)
Education Commission, Co-Chair

January 2024 – Present

- Direct and manage FICS postgraduate sports chiropractic education programs
- Create, evaluate, and manage FICS' International Certificate in Sports Chiropractic (ICSC) program
- Develop learning outcomes, assessments, and curriculum mapping for online, and hands-on, programs
- Work closely with representatives from FICS' Executive Management Team (EMT) and with representatives from over 30 national councils, representing 30 international countries, and affiliated educational institutions
- Develop and promote articulation agreements with international institutions furthering postgraduate sports chiropractic education
- Coordinate and develop global symposiums in countries such as [Paris, France (2023), Porto, Portugal (2024), Kuala Lumpur, Malaysia (2025), and Global Virtual Symposium (2024)]

Graceland University, Lamoni, IA
Resch Scholarship Director

July 2023 - Present

- Oversee a \$2.5 million gift for students in 6 academic areas: Allied Health, Biology, Chemistry, Mathematics, Data Science, and Computer Science.
- Coordinate the Resch Speaker Series and other scholarly events pertaining to scholarship renewal

Iowa Performance Institute, PLLC, Lamoni, IA
Co-owner/CEO

June 2022 – Present

- Responsible for all day-to-day operations of my business
- Perform physical examinations and orthopedic tests in addition to other chiropractic procedures
- Experience working with collegiate and professional athletes and professional touring musicians
- Utilize a variety of laboratory testing to address root causes of patient's conditions

Graceland University, Lamoni, IA
Faculty Athletic Representative

June 2019 – Present

- Serve as the chair of the NAIA National Drug Testing and Education Committee
- Serve on the HEART Conference Eligibility Review Committee and Conduct and Ethics Committee
- Responsibility of ensuring that all participants in intercollegiate competition are eligible in accordance with the rules and regulations of the Association prior to their representing the institution in any manner
- Participate (either in person or via conference call) in any conference-wide meeting which is set for the purpose of rules education
- Participate (either in person or via conference call) in conference meetings when items on the agenda are pertinent to the faculty member's role as the faculty athletics representative of his/her institution
- Work with the AD to provide a rules education program in a manner consistent with the best practices approved and published by the Council of Faculty Athletics Representatives.

Graceland University, Lamoni, IA
Title IX Investigator

September 2018– Present

- Assist the Dean of Students and Director of Residence life to investigate cases of Title IX
- Interview parties involved in Title IX complaints

Brian C. Nook, DC, ICCSP, FICC

PERSONAL INFORMATION

Name: Associate Professor Brian C. Nook DC, ICSSD, FICC

Mailing Address: 46 W Julian Street #527 San Jose, California USA;

Phone: +1 650 454 9162

E-mail: drbrian.nook@gmail.com

Marital Status: Married (two children)

CURRENT EMPLOYMENT:

Associate Dean of Academic Affairs at Palmer College of Chiropractic West (PCCW), 90 Tasman Drive, San Jose, California USA; Phone: +1 650 454 9162 Email: drbrian.nook@gmail.com

PROFESSIONAL EXPERIENCE

Associate Dean of Academic Affairs, Palmer College of Chiropractic West San Jose California January 2017–present.

- Responsible for curriculum delivery, quality improvement, accreditation and standards. Also, manage with the Academic Dean all academic staff including performance review. Additionally, coordinate and teach Chiropractic Philosophy & Practice II, and Geriatrics. Instruct Chiropractic Clinical Evaluation, Lower Extremity, Cervical Spine, Thoracic Spine and Lumbopelvic spine labs.
- Advisor for Motion Palpation and Extremity Club
- Project lead for Palmer College of Chiropractic West curriculum Mapping 2017.

Dean and Head of College, Australian College of Physical Education: Sydney Olympic Park, Sydney, NSW Australia January 2013 to January 2017.

- Responsible for all management and strategic direction for the College. ACPE is fully Accredited by TEQSA and awards Bachelor degrees in various aspects of Sport, Education, Dance and Health. Manage a AU\$15M budget and over 50 academic and administration staff. Implemented a College restructure to align academic and operational efficiencies. Organised a College wide curriculum review with implementation of a generic degree structure that provide flexibility for student progression and delivery. Initiated a workload management system that provide a clear, transparent and equitable system to plan and monitor academic workload inclusive of teaching, research and scholarship and service to the College, Community and Profession. Secured new location for the College and manage the AU\$10M building and fitout of facilities on Sydney Olympic Park. During this time we have received reaccreditation of the College from the accrediting bod of TEQSA and added seven new degrees including a Bachelor of Health Science.
- Specific to Chiropractic, I designed with my team a new Bachelor of Health Science degree with 5 different majors. This required a benchmarking exercise, curriculum review and development, TEQSA application and submission, course development including syllabi and teaching materials. The degrees were Bachelor of Health Science with majors of Sport, Exercise, Dance, Community Health, and Fitness.

This was approved by TEQSA in 2014 for delivery in 2015. I oversaw the administration of this degree, quality control, continuous improvement and regulation. This educational degree had a strong emphasis on prevention and management of sports injuries that included conservative management of various health care including chiropractic.

Private Practice Consultant to Compassionate Veterinary Medicine: Part Time 120 Oratava Avenue West Pennant Hills, NSW. January 2013 to December 2016.

- During my time as Dean/Head of College at ACPE in Sydney I was a consultant to my wife's Veterinarian practice that is a conservative treatment of primarily small animals especially elite sports dogs in obedience, agility and field trials. This was during my off hours and usually on evenings and weekends. My consultation was for evaluation of radiographs, assessment of musculoskeletal conditions, chiropractic assessment of the animals and supervision of chiropractic care. I did not deliver the treatment as this was performed by Dr Deb Nook. My work schedule was variable depending on the difficulty of the cases but averaged 5 hours per week during January 2013 to December 2016.
- Organised training sessions and consultation on various chiropractic cases with alumni from Murdoch University Chiropractic School. I hosted 4-8 graduates from Murdoch University Chiropractic School 6 times per year at our home or at Waterloo Chiropractic Clinic. This meeting included a set agenda with case reviews, radiographic interpretation, case management, practice management and technique demonstration and treating of each of the attendees.

Dean, School of Chiropractic and Sports Science, Murdoch University: Murdoch WA, Australia December 2006 – December 2013

- Managed and directed the Chiropractic program and added programs in sports science and exercise physiology. Renamed to the School of Chiropractic and Sports Science.
- \$8.3 Million annual budget 27 academics and support staff. Part of the founding team with no specific or dedicated facilities or staff.
- Responsible for Regulations, policies, Academic planning and governance, Skills in dealing with a highly multidisciplinary role, which incorporates financial and human resource management and procedural management dimensions, Management of staff, Space management and managing the physical relocation of staff, Risk management, Academic governance, Enterprise bargaining agreements – Academic and General staff, AUQA, TEQSA, National standards, Accreditation
- Attracted and Employed all academic and administration staff at the School. Co-Author for internal funding of Stage II of Club Rooms for Murdoch Sports Fields: Total Funding \$1.8 Million in 2012. Co-Author for internal funding for expansion of the Murdoch University Chiropractic Clinic and Research Facility: Total Funding \$250,000 in 2012. Author for Health Workforce Australia through Western Australia Department of Health for grant funding for equipment to support Immersive and Simulated Learning: Total Funding \$350,000 in 2011. Co-Author for Teaching and Learning Capital Fund Higher Education (LTC(HE)) for development of new Sports Science Laboratories: Total Funding \$4 Million in 2010. Co-Author for internal funding for new Diagnostic, Radiology and Anatomy Facilities: Total Funding \$3.1 Million. 2007. Co-Author for internal funding of new Chiropractic Clinic. Total funding \$3.3 Million in 2006. Co-Author for internal funding for development of new Chiropractic Technique Laboratory: Total Funding \$450,000 in 2005.
- Private practice as Independent contractor for Safety Bay Chiropractic in Rockingham, Western Australia.

Course Title: Enhancing Longevity through Neuroscience: Insights from Andrew Huberman

Course Description:

This course will explore cutting-edge neuroscience research and its practical applications for extending healthy human longevity. Led by Dr. Andrew Huberman, this session will delve into stress management, neuroplasticity, sleep optimization, exercise, and emerging biohacking technologies. Attendees will gain actionable insights to support their own health as well as enhance patient care, with a focus on adding 20 more years of quality life.

Learning Objectives:

1. Understand the neuroscientific mechanisms that contribute to longevity.
2. Identify practical strategies for managing stress and optimizing sleep to slow down the aging process.
3. Learn about the role of neuroplasticity and brain health in maintaining cognitive function as we age.
4. Explore the relationship between exercise, brain health, and longevity.
5. Discover the latest neuroscience-based interventions and tools aimed at enhancing healthy aging.

Module 1: Neuroscience and Longevity

- **Learning Outcome:** Understand the role of neuroscience in longevity research.
- **Key Question:** From a neuroscientific perspective, what are the most promising areas of research that could significantly extend human longevity and improve the quality of those added years?

Module 2: Stress and Aging

- **Learning Outcome:** Learn strategies to mitigate stress's impact on aging and longevity.
- **Key Question:** We know that chronic stress can accelerate aging. What practical strategies or habits do you recommend for mitigating the harmful effects of stress on the brain and body to promote longevity?

Module 3: Neuroplasticity and Aging

- **Learning Outcome:** Explore the role of neuroplasticity in maintaining cognitive health as we age.
- **Key Question:** Can you explain how neuroplasticity changes as we age, and what interventions or activities can we engage in to keep our brains adaptable and healthy as we aim for an additional 20 years of healthy life?

Module 4: Sleep Optimization and Longevity

- **Learning Outcome:** Understand the critical role of sleep in longevity and brain health.

- **Key Question:** How critical is sleep quality and duration in the pursuit of longevity, and what practical steps can people take to optimize their sleep as they age?

Module 5: Exercise and Brain Health

- **Learning Outcome:** Learn about the types of exercise that best support cognitive function and longevity.
- **Key Question:** What types of exercise have been shown to have the greatest impact on both cognitive function and longevity, and how can people of different age groups safely incorporate them into their routines?

Module 6: Cutting-Edge Interventions in Longevity

- **Learning Outcome:** Discover the latest tools and technologies that enhance longevity.
- **Key Question:** What emerging tools or techniques in neuroscience or biohacking are you most excited about in terms of enhancing longevity, and how close are we to implementing these into daily health practices?

Course Format:

- **Presentation:** 2 hours
- **Q&A Session:** 30 minutes
- **Interactive Activities:** Case discussions and practical application exercises.

Evaluation:

- Completion of a post-course quiz based on the key concepts discussed.
- Submission of a practical implementation plan for using course insights in clinical practice or personal health management.

Dr. Andrew Huberman

Professor and Neuroscientist- Stanford University

Education:

Ph.D/ NeuroScience- December 2024

University of California

1 Shields Avenue

Davis, California 95616

Masters/Psychology- August 2000

University of California-Berkeley

110 Sproul Hall

Berkeley, California 94720

Bachelors/ Psychology- June 1998

University of California- Santa Barbara

1212 SAASB

Santa Barbara, California 93106

Experience:

2016 to current

Stanford University Faculty

Huberman Lab

2011- 2015

Assistant Professor of Neurology and Neuroscience

University of California-San Diego

2006-2011

Stanford University- Post Graduate Instructor

Speaker Name: Ashkan Jalili, DC, DACNB, FACFN, FABBIR®

Course Title: Hidden Concussions in Sports: Sub-concussive vs Concussive Impacts

Course Description: This presentation will cover major aspects of Sub-Concussive impacts versus Sports-Related Concussion (SRC) challenges that clinicians and professional athletes face. The presenter will use an evidence-based approach to delineate the role of sub-concussive forces most athletes endure unknowingly, which could result in symptoms similar to those of mild post-concussion syndrome, potentially affecting the cervical neuromuscular system as well as the vestibular system. Finally, the presenter will review the current scientific evidence of brain changes associated with spinal manipulative therapies when treating concussion and post-concussive syndrome in athletes. A patient case presentation will break down the longitudinal levels of lesions of an athlete patient 3 years after concussion.

Course Objectives: The presentation will emphasize equally each heading with more emphasis on in-clinic novel therapies utilized for patient and athlete recovery.

- Definition of Sports-Related Concussion (Amsterdam Consensus) & Sub-concussive Impacts
- Implications of Sub-Concussions in Sports: From High School to Professional
- Cervical Neuromuscular Changes
- Vestibular and Balance Impairments
- Challenges in Diagnosing Professional Athletes vs other non-athlete patients
- The Role of SMT in Concussion and Post-Concussion Treatment
- Case Study Video

Intended Audience: Most Healthcare Professionals and student residents would benefit from this presentation, especially those in the fields of clinical neurology, sports chiropractic, and sports medicine.

Course Objectives:

0-15 mins - Defining the mechanism of sports-related concussions

15-30 mins - the effects of Sports-Related Concussion from those of sub-concussive impacts and the cognitive and cervicogenic implications associated with those.

30-45 mins – Go over how to recognize certain common biomarkers that are more common in SRC

45-60 mins -How to create a more coherent neuro-rehabilitative approach to SRC.

References:

Bari, S., Svaldi, D. O., Jang, I., Shenk, T. E., Poole, V. N., Lee, T., Dydak, U., Rispoli, J. V., Nauman, E. A., & Talavage, T. M. (2019). **Dependence on sub-concussive impacts of brain metabolism in collision sport athletes: an MR spectroscopic study.** *Brain imaging and behavior*, 13(3), 735-749.

Brustman, K., Eagle, S. R., Mucha, A., Trbovich, A., Collins, M. W., & Kontos, A. P. (2020). **Association of sleep symptoms with mood and vestibular subtypes following sport-related concussion.** *Applied Neuropsychology: Child*, 1-5.

Carrick, F. R., Clark, J. F., Pagnacco, G., Antonucci, M. M., Hankir, A., Zaman, R., & Oggero, E. (2017, 2017-August-22). **Head–Eye Vestibular Motion Therapy Affects the Mental and Physical Health of Severe Chronic Post-Concussion Patients** [Original Research]. *Frontiers in Neurology*, 8(414). <https://doi.org/10.3389/fneur.2017.00414>

Carrick, F. R., McLellan, K., Brock, J. B., Randall, C., & Oggero, E. (2015, 2015-February-04). **Evaluation of the Effectiveness of a Novel Brain and Vestibular Rehabilitation Treatment Modality in PTSD Patients Who have Suffered Combat-Related Traumatic Brain Injuries** [Original Research]. *Frontiers in Public Health*, 3(15). <https://doi.org/10.3389/fpubh.2015.00015>

Cheever, K., Howard, J. T., & Kawata, K. (2020). **Clinical Changes in Cervical Neuromuscular Control Following Sub-concussive Impacts.** *Journal of Sport Rehabilitation*, 1(aop), 1-8.

Kawata, K., Rubin, L. H., Lee, J. H., Sim, T., Takahagi, M., Szwanki, V., Bellamy, A., Darvish, K., Assari, S., & Henderer, J. D. (2016). **Association of football sub-concussive head impacts with ocular near point of convergence.** *JAMA ophthalmology*, 134(7), 763-769.

Langdon, S., Königs, M., Adang, E., Goedhart, E., & Oosterlaan, J. (2020). **Subtypes of sport-related concussion: a systematic review and meta-cluster analysis.** *Sports medicine*, 1-14.

Lust, C. A., Mountjoy, M., Robinson, L. E., Oliver, J. M., & Ma, D. W. (2020). **Sports-related concussions and sub-concussive impacts in athletes: incidence, diagnosis, and the emerging role of EPA and DHA.** *Applied physiology, nutrition, and metabolism*, 45(8), 886-892. <https://www.ingentaconnect.com/content/cndscipub/apnm/2020/00000045/00000008/art00011;jsessionid=bno07m9gsn2oh.x-ic-live-01>

Master, C. L., Master, S. R., Wiebe, D. J., Storey, E. P., Lockyer, J. E., Podolak, O. E., & Grady, M. F. (2018). **Vision and vestibular system dysfunction predicts prolonged concussion recovery in children.** *Clinical journal of sport medicine*, 28(2), 139-145.

Moore, R. D., Lepine, J., & Elleberg, D. (2017, 2017/02/01/). **The independent influence of concussive and sub-concussive impacts on soccer players' neurophysiological and neuropsychological function.** *International journal of psychophysiology*, 112, 22-30. <https://doi.org/https://doi.org/10.1016/j.ijpsycho.2016.11.011>

Yao, S. C., Zwibel, H., Angelo, N., Leder, A., & Mancini, J. (2020). **Effectiveness of osteopathic manipulative medicine vs concussion education in treating student athletes with acute concussion symptoms.** *The Journal of the American Osteopathic Association*, 120(9), 607.

Baarbé, J. K., Yelder, P., Haavik, H., Holmes, M. W., & Murphy, B. A. (2018). **Subclinical recurrent neck pain and its treatment impacts motor training-induced plasticity of the cerebellum and motor cortex.** *PloS one*, 13(2), e0193413.

Dr. Ashkan Jalili, DC, DACNB (US), FACFN (US), FABBIR (US), FAAAHP (US)

Address: 580-1285 West Broadway, Vancouver, BC

Phone: 604-440-3336

Email: doctorashkandc@gmail.com

Objective:

Dedicated chiropractor with extensive experience in clinical neurology, clinical neuroscience, neuroplasticity and neurorehabilitation; International public speaker contributing to the advance of the clinical neurology, neuroscience and brain rehabilitation fields through chiropractic approach.

Education:

- Masters in Clinical Neuroscience, Carrick Graduate Studies, 2021-Present
- Doctorate of Chiropractic, Cleveland Chiropractic College, USA, 2001
- B.Sc. Human Biology, Cleveland College of Health Sciences (CCCLA), CA, 2001
- B.Sc. Life Sciences (Incomplete), McMaster University, Canada, 1998

Certifications and Fellowships:

- Diplomate American Chiropractic Board of Neurology, 2009, Carrick Institute of Neurology, FL
- Fellowship American College of Functional Neurology, 2009, Florida
- Fellowship American Board of Brain Injury & Rehabilitation, 2020, Florida
- Fellowship Metabolic Medicine, American Academy of Antiaging Regenerative Medicine, 2010

Professional Experience:

- Assistant Professor of Clinical Neurology, Carrick Institute Faculty, 2018-Present
- Chiropractic Board Exam Reviews Faculty, Teaching Neurology, Orthopedics, Radiology, Chiropractic Science, and Differential Diagnosis
- Clinic Director at Santa Monica Medical Center, Santa Monica, California, 2002-2016
- Clinic Director at Canadian Brain Performance & Neuroplasticity Centers, 2016-Present
- Part-time faculty at Cleveland Chiropractic College, Los Angeles 2005-2007
- Part-time faculty at Japan Chiropractic College, Tokyo, 2005-2007

Research:

- Currently seeking endorsement for research associated with Spinal Manipulative Therapy (SMT) and its impact on brain changes associated with cognitive network, in-process.

Professional Memberships:

- Past President, California Chiropractic Association-Westside District
- Fellow, American Academy of Metabolic Medicine
- Fellow, American College of Functional Neurology
- Fellow, American Board of Brain Injury & Rehabilitation
- Fellow, American Board of Brain Injury and Rehabilitation

Speaking and Teaching Engagements:

- Post-Viral Podcast, Spotify podcast, 2023
- BrainFx and Neurotechnology, Vancouver, Canada, 2022
- The Role of Chiropractic Neurology for Indigenous Health, Federal Gov, BC, Canada, 2022
- Role of Posture in Cognition, BNI, Canada, 2021
- Receptor-Based Essentials, Carrick Institute of Neurology, 2018-2019
- Essentials of Functional Neurology, Carrick Institute of Neurology, 2018
- Clinical Neurology & TBI, British Columbia Naturopathic Assoc., Canada 2018,
- Chiropractic Neurology and Parkinson's Disease, British Columbia Parkinson's Association, 2018
- The Role of Chiropractic in Workplace Productivity, Cornerstone OnDemand, USA, 2014-16
- Posture, Brain and Chiropractic, Google, Santa Monica, California, USA, 2015
- Frequent Guest Speaker at Yahoo.com headquarters at Santa Monica, California, 2012-2014

Fluent Languages:

- English
- Spanish
- Farsi (Persian)

References contacts information will be available upon request.

1. Dr. Frederick Carrick, PhD, DC, FACFN, President, ACA Council of Neurology
2. Dr. Michael Flynn, DC, Past President, World Federation of Chiropractic, American Chiropractic Association
3. Tanya Cabrita, MD, PMNR
4. Dr. Anita Tannis, MD, FAAMM
5. Jan Venter, MD, IFMCP

Speaker Name: Tommy Wood

Course Title: Cognitive Enhancement and Cognitive Decline

Course Description: Drawing largely from comparisons to what we know about enhancing fitness and preventing physical decline, the presentation will focus on how stimulus drives brain function, the evolutionary basis of how the human brain is shaped by its environment and provide an actionable framework to understand and support brain health.

Course Objectives:

- Discuss modifiable risk factors for dementia and their magnitude of effect
 - Assess the evidence that cognitive function can be enhanced, and the role of cognitive stimulus in cognitive enhancement –
- Discover how multiple factors that support cognitive function interact in a practical framework

Course Outline:

0-15 minutes

- Is dementia preventable?
- What are the (modifiable) risk factors that contribute to dementia?

15-30 minutes

- Evolutionary biology of human brain development and the role of the environment
- Theoretical frameworks of adult cognitive enhancement

30 to 45 minutes

- Stimulus as a primary driver of tissue function, including the brain
- Demand-driven adaptations to stimulus and their role in promoting function and preventing age-related decline.
- How your brain is like your biceps.

45-60 minutes

- The 3-S model of brain function
- a practical framework for behavior and lifestyle modification to enhance cognitive function and prevent/slow decline
- The future of brain enhancement and assessment at scale

CURRICULUM VITAE

Thomas Ragnar Wood, BM BCh, PhD

CONTACT INFORMATION

Thomas Wood
University of Washington Department of Pediatrics, Division of Neonatology
1959 NE Pacific St
Box 356320
Seattle
98195 WA
Email: tommyrw@uw.edu
Phone: (206) 685-5030

1. PERSONAL DATA

Birthplace Evanston, Illinois
Citizenship USA, UK, Icelandic

2. EDUCATION

10/2004-07/2007 Bachelor of Arts, Natural Sciences (Biochemistry)
University of Cambridge, UK

09/2007-07/2011 BM BCh (Medical Degree - Graduate Entry)
University of Oxford Medical School, UK

09/2013-09/2016 PhD Fellow
Department of Physiology, University of Oslo, Norway
Thesis title: On the physiology of experimental hypoxic-ischaemic
brain injury
Supervisor: Prof. Marianne Thoresen MD, PhD

09/2021-06/2022 Postgraduate Certificate in Applied Biostatistics
University of Washington, Seattle, WA, USA

3. POSTGRADUATE TRAINING

08/2011 - 08/2012 Academic Foundation Year 1 Doctor
Guy's and St. Thomas' Hospitals, London, UK
Vascular surgery, Orthopaedic surgery, Elderly Care,
General Medicine

08/2012 – 08/2013 Academic Foundation Year 2 Doctor
St. Thomas' Hospital, London, UK

Emergency Medicine, General Medicine, Toxicology

08/2013 – 09/2013

Locum Senior House Officer (General Medicine)
St. Thomas' Hospital, London, UK

10/2016 – 03/2017

Visiting Scientist
Division of Neonatology, University of Washington

04/2017 – 04/2018

Senior Fellow (postdoc)
Division of Neonatology, University of Washington

04/2018 – 12/2018

Research Scientist
Division of Neonatology, University of Washington

4. **FACULTY POSITIONS HELD**

12/2018 – 03/2023

Research Assistant Professor
Department of Pediatrics, Division of Neonatology
University of Washington
Seattle, WA

04/2023 – 06/2024

Assistant Professor (Faculty Scientist)
Department of Pediatrics, Division of Neonatology
University of Washington
Seattle, WA

07/2024 – Present

Associate Professor (Faculty Scientist)
Department of Pediatrics, Division of Neonatology
University of Washington
Seattle, WA

5. **HOSPITAL POSITIONS HELD**

None

6. **CURRENT (NON-UW) EMPLOYMENT**

None

7. **HONORS**

2005, 2007

Ellen Delf-Smith Prize in Biological Natural Sciences - Girton
College, Cambridge

Speaker Name: Lindsay Mumma

Course Title: Pediatric Movement Assessment

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

Course Objectives:

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

Course Outline:

:00-:15 - Introduce 0-6 months of movement milestones: diaphragm activity, abdominal loading, scapular stability in the sagittal and coronal planes, hip joint formation

:15-:30 - 6-12 months of movement milestones: anterior and posterior oblique sling activity, transverse plane stabilization of scapula, hip joint loading in three planes

:30-:45 - Conducting a movement assessment, recognizing movement faults.

:45-:60 - Applying treatments in-office, take-home exercises, and creating an appropriate treatment plan

Lindsay S. Mumma, DC, DNSP

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

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

Lindsay S. Mumma, DC, DNSP

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

Parker Seminar - Vegas

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

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

DNS Baby Handling

DNS Women's Health Yoga

Clinic Gym Hybrid Advanced Rehab & Active Care

Parker Seminar - Orlando

- The Science of the Adjustment

Dynamic Neuromuscular Stabilization: A

Dynamic Neuromuscular Stabilization: C

2021 Courses

MPI Spine

MPI Spine

Parker University Skill-Up

MPI Spine

MPI Integration - Lower

MPI Integration - Upper

MPI Extremities

Parker Seminar - Orlando

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

MPI Pregnancy & Pediatrics

Compliance & Cultural Competency Training

Parker Seminar - Dallas

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

DNS Women's Health

2020 Courses

Parker University Skill-Up

NCCA Spring Convention

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

HNS Compliance (Fraud, Waste and Abuse, HIPAA)

NCCA Fall Convention

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

2019 Courses

NCCA Spring Conference (presenter and participant)

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

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

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

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

Speaker Name: Kristi Hudson

Course Title: Using Technology to Improve Outcomes Through Patient Engagement and Practice Efficiency

Course Description: Patient-centered care and patient engagement are the central components of a modern-day chiropractic office. While the concept of “patient engagement” may not be new, what is new is the significant role technology has on patient engagement. We are living in a connected and engaged society. The Internet allows us to get what we want on demand at our fingertips. Patients and consumers have started placing these same expectations on healthcare.

Learning Objectives:

- Identify how technology in your office can reduce costs through improved workflow, reduce errors, and improve collections
- Discuss how technology improves communication with patients
- Review how technology improves patient outcomes

Course Outline:

15 minutes

Review essential factors that influence patient decision-making.

15 minutes

Discuss steps for effective patient communication.

15 minutes

Discuss the common pitfalls in office workflow and their impact on the patient experience.

15 minutes

Explore steps to improve patient engagement with technology.

Kristi Hudson, CPCO
1307 Airport Road N, Suite 1A, Flowood, MS 39232
Office: (888) 719-9990 Mobile: (601) 573-0922
kristi@chirohealthusa.com

Education

Hinds Community College (Pearl, MS) 1996

Certifications

Certified Professional Compliance Officer (AAPC) 2017

Professional Experience

Vice President of Business Relations: ChiroHealthUSA
2021 - Present

Director of Business Relations: ChiroHealthUSA 2017 –
2020

Director of Special Projects: ChiroHealthUSA 2016 -
2017

Scholarship Administrator: ChiroHealthUSA Foxworth Family Scholarship 2015-
present

Director of Business Development: ChiroHealthUSA 2013-2016

Provider Services: ChiroHealthUSA 2010-2013

Selected Memberships

Member, Chiropractic Summit

Membership Committee, Foundation for Chiropractic
Progress

Member, World Congress of Women Chiropractors

At Large Board Member, ChiroCongress Cares

Vice Chair, Chiropractic Future Strategic Plan, 2024

Awards

Chiropractic Advocate of the Year, MAC, 2023

Impact Player of the Year, ChiroCongress, 2023

Presentations

Lecturer, GoldStar Billing Seminar (Feb 2023), Risky Business

Lecturer, TCA Practice Management Seminar (Feb 2023),
Compliant Social Media

Lecturer, ProSport Las Vegas Seminar (Dec 2023), Business
Ethics

Lecturer, OCA Winter Convention (Dec 2023), Risky Business
Lecturer, ChiroCongress Annual Convention (Nov 2023), Ethical Practices and Communicating Effectively (Sex Panel Discussion)
Lecturer, CCA Annual Convention (Oct 2023), How to Address Sexual Harassment
Lecturer, CCA Annual Convention (Oct 2023), CA Roundtable Discussion
Lecturer, WDC Bi-Annual Convention (Sep 2023), Communicating Effectively
Lecturer, CAL Annual Convention (Aug 2023), 5 Easy Steps to Run a More Efficient and Profitable Practice
Lecturer, ChiroTexpo (Jun 2023), It's Not Okay! Addressing Sexual Harassment
Lecturer, Business Adjustment Summit (Apr 2023), Technology Meets Healthcare
Lecturer, MAC Spring Convention (Apr 2023), How to Address Sexual Harassment
Lecturer, MAC Spring Convention (Apr 2023), Using Technology to Improve Patient Engagement
Lecturer, MAC Spring Convention (Apr 2023), Using Technology to Improve Patient Engagement
Lecturer, MAC Spring Convention (Apr 2023), Ethical Practices and Communicating Effectively (Sex Panel Discussion)
Lecturer, Data Driven Practice Seminar (Apr 2023), Reducing Liability in Your Practice
Lecturer, ACA Council on Diagnosis & Internal Disorders (Apr 2023), Ethical Practices and Communicating Effectively (Sex Panel Discussion)
Lecturer, ACA Council on Diagnosis & Internal Disorders (Apr 2023), Ethical Practices and Communicating Effectively (Sex Panel Discussion)
Lecturer, ACA Council on Diagnosis & Internal Disorders (Apr 2023), How to Address Sexual Harassment
Lecturer, NYCC Lyceum (Mar 2023), 5 Easy Steps to Run a More Efficient Practice
Lecturer, NYCC Lyceum (Mar 2023), Compliant Conversations
Lecturer, KCA Spring Convention (Mar 2023), Compliant Conversations
Lecturer, CCA Annual Convention (Oct 2022), CA Roundtable Discussion
Lecturer, CCA Annual Convention (Oct 2022), Balance at the Front Desk
Lecturer, ACS National Convention (Oct 2022), 7 Steps to a Compliant Financial Policy
Lecturer, ACS National Convention (Oct 2022), CA Workshop: Who Cares What You Charge
Lecturer, ACS National Convention (Oct 2022), Crucial Compliant Conversations
Lecturer, ACS National Convention (Oct 2022), Ethical Practices and Communicating Effectively (Sex Panel Discussion)
Lecturer, ICS National Convention (Oct 2022), Risky Business

Speaker Name: Dana Hollandsworth

Course Title: Capacity & Adaptability: Adjusting Your Patients and Mindset in Practice

Course Description: In this one-hour in-person course, we will explore effective strategies and tools to help the chiropractor enhance their awareness of adjusting biomechanics and increase their adaptability when delivering HVLA adjustments. By combining real-time feedback technology with core principles of physics, this course offers a unique approach to refining your technique. Participants will gain practical insights into body mechanics, resilience, and enhancing confidence in delivering HVLA adjustments. Join us to elevate your practice with a deeper understanding of the forces at play.

Course Objectives:

- Interpret a force-time graph of a High-Velocity Low-Amplitude (HVLA) adjustment
- Understand movement strategies to modulate/adapt HVLA force output
- Understand and apply biomechanical movement strategies to become more resilient in practice

Course Outline:

1) Introduction

- a) Why patients see chiropractors
- b) Most common causes of patient chief complaints (from recent surveys, polls, and research)
- c) The science of learning movement

2) Biomechanics Awareness and Basic Terminology

- a) Role of biomechanics in effective adjusting
- b) Orthogonal review and FSTT terminology
- c) Participant self-assessment on approach to adjusting, identifying strengths and challenges

3) Newton's Laws, the Adjustive Thrust Force-Time Graph and Cavitation

- a) Basic application of Newton's laws to adjusting
- b) Discuss common HVLA force-time graph terms and interpretation
- c) Line of drive graphical interpretation and review of cavitation research

4) Adjusting Force Modulation and Application Strategies Discussion

- a) Importance of and strategies for adaptability in HVLA adjusting
- b) Awareness of common positions that can lead to injury
- c) Discuss how modulating adjusting forces are objectively measured in graphical representation when the above principles are applied and what research is finding.

i) Force

ii) Line of drive/vectors

iii) Speed of impulse

DANA M. HOLLANDSWORTH, DC, M. Ed, cAVCA
(847) 209-7717
danahollandsworthdc@gmail.com

Education

Anticipated September 2025 **Tech Global University, Spain.**
Master of Science in Equine Rehabilitation
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

December 2024 **Commencement Speaker**
Parker University
August 2021 **Faculty Executive Council Faculty of the Year Award**
Parker University
January 2021 **Five Year Service Award**
Parker University
August 2021, April 2021, **Honored Faculty Award from the Graduating Class**

Dec 2020, Dec 2018	Parker University
October 2018	Parker Alumni Association Faculty of the Year Parker University
April 2018	Distinguished Educator of the Year Award Parker University
June 2013 – June 2014	Presidential Service Award Rotary Club International- Schaumburg-Hoffman Estates
June 2011 – June 2012	Rookie of the Year Award Rotary Club International- Schaumburg-Hoffman Estates

Work Experience

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

Speaker Name: Andy Galpin and Dan Garner

Course Title: Exercise Technique – Part I

Course Description: Master the essentials of safe, effective, and efficient exercise execution with the "Exercise Technique" seminar. Guided by cutting-edge science and practical application, this in-person course teaches the critical principles of proper movement mechanics, injury prevention, and technique optimization across key exercises.

Course Objectives:

- Understand the key principles for assessing overall movement technique and identifying inefficiencies.
- Develop the ability to evaluate squat mechanics, including identifying common faults and their underlying causes. - Learn to assess pressing movements, focusing on proper alignment, range of motion, and activation patterns.
- Gain practical experience in applying corrective strategies to improve technique and prevent injuries.
- Build confidence in analyzing and refining foundational movement patterns for enhanced performance and safety.

Course Outline:

- a. Assessing Movement Technique Part 1 (15 Minutes)
- b. Assessing Movement Technique Part 2 (15 Minutes)
- c. Assessing Squat Technique (15 Minutes)
- d. Assessing Pressing Technique (15 Minutes)

Andrew J. Galpin

Phone: 657-278-2112

Email: agalpin@fullerton.edu

PROFESSIONAL EXPERIENCE

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

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

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

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

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

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

Consultant: 2011-present

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

EDUCATION

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

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

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

TEACHING

Academic Lecture Courses:

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

Independent Study/Internship:

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

Mentorship:



PROFILE

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

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

CONTACT

PHONE:
519-777-8517

Social:
Instagram: @dangarnernutrition

EMAIL:
dangarner88@gmail.com

HOBBIES

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

DAN GARNER

Lab Analyst + Performance Coach

EDUCATION

Mohawk College: Health, Wellness, and Fitness Diploma

Graduated with Honors in 2011.

Tutored the Year 2 students while I was in Year 1.

Earned three health certifications on top of the curriculum.

Continuing Education

Earned 22 certifications in training, physiology, medicine, and nutrition.

Personally mentored by doctors, researchers, and elite coaches.

Creator of currently recognized health education programs.

WORK EXPERIENCE

Team Garner Inc.

Title: President

Lab Analyst and coach for professional athletes, CEOs, and celebrities.

International lecturer, course creator, and Fullerton University advisor. .

Garner Innovations Inc.

Title: President

Scientifically published author.

Contributor to prestigious research reviews.

Developer of lab interpretation software for health and performance.

Joint Ventures

Title: Equity Holder and Co-Founder

Vitality Blueprint: Founder and Chief Innovations Officer

RAPID Health Optimization: Lab Analyst and Program Designer.

XPT Life: Advisor and Nutrition Expert.

BioMolecular Athlete: Innovative Research & Development.

ADDITIONAL NOTES

Editor and reviewer of the Precision Nutrition Level 1 Certification.

Featured in over 1000 YouTube videos, articles, and podcasts.

Western University has accepted my PhD application.

Have letters of attestation from Dr. John Berardi and Dr. Andy Galpin.

Received multiple shoutouts on The Joe Rogan Experience Podcast.

Nutrition advisor at a NASA multiplanetary travel symposium.

Partner of Genova Diagnostics Laboratories.

Angela Duckworth

Co-Founder, Character Lab

Rosa Lee and Egbert Chang Professor, University of Pennsylvania

Author, *Grit: The Power of Passion and Perseverance*

Title: True Grit - The Surprising and Inspiring Science of Success

Description: Who succeeds in life? In this talk, Angela Duckworth presents her influential work on Grit—the tendency to pursue long-term goals with perseverance and passion. How the nervous system processes high-stress levels and when endorphins are released to keep going with positive or adverse situations.

She describes Grit's predictive power for performance in various fascinating contexts. Duckworth has studied groups like the West Point cadets, National Spelling Bee competitors, rookie teachers, and students from the Chicago Public Schools—all people performing in high-stress environments—to examine the correlation between the brain and achievement. Drawing from these examples, Duckworth explains what makes gritty individuals different from others and shares her belief that grit "can be instilled and cultivated by anyone, anywhere, and at any time in life" While enhancing a healthy brain and cultivating positive mental health.

Learning Objective:

- What are the physical effects of high-stress levels? How does the body respond to stress positively or negatively?
- Participants will learn what Grit is, why it matters, and how it can be cultivated.

Outline:

Introduction to Grit (0-15 minutes):

- How is Grit defined?
- How is neurology measured?
- How does the brain process this information
- Passion and perseverance

Building Grit (15-30 minutes):

- Relationship between the brain and age
- Talent vs. Grit Unconscientious behavior
- Talent vs. Effort Conscientious behavior
- Deliberate practice- How your brain helps you accomplish this.
 - 2006 National Spelling Bee
- The mental health standpoint when failure occurs
 - West Point research
- Relationship between life satisfaction and mental health

Other factors of Brain Power and Grit (30-45 minutes):

- How the brain processes failures and setbacks
- Meditation and healthy practices
 - Break it down
 - Practice with concentration
 - Seek feedback
- How does your past influence your mental stability
 - Sisu
 - Pete Carroll
- Cultivate purpose beyond the self
- Growth mindset
 - Abilities like intelligence are malleable and can be developed
 - Fixed mindset

Summary (45-60 minutes):

- Outliers in achievement
- How Habits Influence Your sub conscientious mind
- These traits can be improved, and they are not fixed
- Importance of having someone in your life that will not let you quit on a bad day
- Past experiences influence your well-being and Culture

Angela Lee Duckworth
3730 Walnut Street
561 Jon M. Huntsman Hall
Philadelphia, PA 19104

Education

UNIVERSITY OF PENNSYLVANIA (2002–2006)
MA, PhD in Psychology

UNIVERSITY OF OXFORD (1994–1996)
MSc with Distinction in Neuroscience

HARVARD COLLEGE (1988–1992)
AB magna cum laude in Advanced Studies Neurobiology

Positions Held

Co-Founder, Chief Scientist, and Board Member, Character Lab (2022–current)

Rosa Lee and Egbert Chang Professor, University of Pennsylvania (2020–current)

Faculty Co-Director, Behavior Change for Good (2017–current)

Faculty Co-Director of Wharton People Analytics, University of Pennsylvania (2015–current)

Secondary Appointment at the Graduate School of Education, University of Pennsylvania (2015–current)

Rowan Fellow, Wharton School of Business (2020–2025)

Co-Founder and CEO, Character Lab (2015–2022)

Christopher H. Browne Distinguished Professor of Psychology, University of Pennsylvania (2016–2020)

Secondary Appointment at the Wharton School, University of Pennsylvania (2016–2020)

Professor, Department of Psychology, University of Pennsylvania (2015–2016)

Associate Professor, Department of Psychology, University of Pennsylvania (2013–2015)

Assistant Professor, Department of Psychology, University of Pennsylvania (2007–2013)

Research Associate, Department of Psychology, University of Pennsylvania (2006–2007)

Science Teacher, Mastery Charter High School, Philadelphia, PA (2002)

Chief Operating Officer, GreatSchools.net (2000–2001)

Math Teacher, Lowell High School (1998–2000)

Math Teacher, The Learning Project (September 1997–June 1998)

Management Consultant, McKinsey & Company (October 1996–August 1997)

Fellow, Center for the Enhancement of Science and Math Education (1993–1994)

Founder & Director, *Summerbridge Cambridge* Academic Enrichment Program (1992–1994)

Selected Awards

Wharton Teaching Excellence Award (2021)

Carl Sagan Award from the Humanist Society at Carnegie Mellon University (2021)

Distinguished Daughter of Pennsylvania (2019)

Liberal and Professional Studies Award for Distinguished Teaching in Professional Graduate Programs (2019)

Bernoulli Lecture for the Behavioral Sciences (2018)

Association for Psychological Science Fellow (2018)

Honorary Degree, Drexel University (2017)

Books for a Better Life Award, Motivational, from the National Multiple Sclerosis Society, for *Grit: The Power of Passion and Perseverance* (2016)

Service to Children Award, Upper Darby School District (2015)

Friar Faculty Award (2014)

MacArthur Foundation Fellow (2013–2018)

Beyond Z Award from the KIPP Foundation (2013)

Big Picture Learning Award of Recognition (2013)

Joseph E. Zins Early Career Award for Outstanding Contributions to Action Research in Social and Emotional Learning (2012)

Association for Psychological Science Rising Star (2011)

Instructor: J. Donald Dishman

Title: Chiropractic Management of the Dizzy patient

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

Learning Objective:

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

Outline:

Hour One

1. Discussion and review of past literature on the effects of spinal manipulation on the dizzy patient – 15 minutes
2. Various conditions other than vestibular that can cause dizziness – red flags – 15 minutes
3. Review of vestibular peripheral and central anatomy – 15 minutes
4. The eye movements and the effect of the vestibular system – 15 minutes

Hour Two

1. Review of various diagnostic maneuvers for vestibular function – 30 minutes
2. Review videonystagmography findings in the evaluation of vestibular function – 15 minutes
3. Review various therapeutic maneuvers for habituation, gaze stability and balance training – 15 minutes



CURRICULUM VITAE

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

Personal Information :

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

Academic Appointments:

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

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

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

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

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

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

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

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

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

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

Education:

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

Thomas DeLauer

Outline 2 hours

Title: How to improve stamina, performance, and longevity while also losing body fat

Course Description:

This course is designed for attendees to learn about the science of understanding stamina, performance, and longevity and how to apply it to yourself, your patients, and the people in your life through exercise, fasting, and nutrition. When you're using Cardio specifically for fat loss, there are different rules that you need to follow. For example, Cardio is excellent for overall health benefits. Cardio is great when it comes down to longevity. Still, when looking at fat loss specifically, there are a few things you need to pay attention to when determining what is best for the general person based on gender, age, and overall health.

Course Objectives:

- The learner will be able to discuss exercise programs with a person.
- The learner will be able to understand the science behind fasting, dehydration, and the balance of protein, fats, and carbohydrates.
- What exercises are better than others, and what exercises are good for posture and movement

Outline:

0-15 The Science behind Utilizing fats as a fuel

What are the good fats

What fats to stay away from

15-30 The Science behind utilizing protein

How much should be incorporated into your diet

Good proteins

Bad Proteins

30-45 The Science behind Carbohydrates

Are Carbohydrates terrible for you

How carbohydrates help in fueling your body

45-60 The importance of hydration

How water fuels the brain and neuroplasticity

What are the rules for water intake

How dehydration decreases performance.

60-75 How Cardio fitness improves your overall health

The benefits of Cardio and the heart

Decreasing heart disease with exercise

Avoiding some cardio Exercises

75-90 The benefits of walking

Movement for the body

Research on the benefits of walking

90-105 Overeating after Exercise

Overriding the prefrontal Cortex

Intermediate fasting

105-120 Antioxidant Intake

Regulating and using Antioxidants

The benefits of Echinacea

The benefits of Vitamin E

The benefits of Vitamin C

Thomas DeLauer CV

Educational Background:

Master/Exercise Science

California State University May 1989
1000 E Victoria St, Carson, CA 90747

Bachelors/ Exercise Science- June 1987

University of California- Santa Barbara
1212 SAASB
Santa Barbara, California 93106

Experience:

Private Health and Fitness Lifestyle Coach
National Strength and Conditioning Association
2006 - Present · 19 yrs

President

DLMedia and ThomasDeLauer.com
Mar 2015 - Present · 9 yrs 10 mos
Thousand Oaks, Ca

Speaker Name: Lisa Goodman

2-hour Presentation

Course Title: Small Changes, Big Impact: Life Hacks for Infants, Kids, and Teens

Course Description: In this 2-hour session, you will learn practical strategies to support the growth and development of infants, kids, and teens through chiropractic care, lifestyle tips, rehab techniques, and nutrition advice. Topics include ergonomics, posture, sleep, sports performance, injury prevention, and fun, age-appropriate rehab exercises for home. You will learn how to support parents in establishing healthy habits and daily routines.

Course Objectives:

- Understand the role of chiropractic care in supporting the overall health and development of infants, kids, and teens.
- Understand the impact of making small lifestyle changes in the growing pediatric population.
- Identify lifestyle changes that enhance comfort, function, sleep, ergonomics, sports performance, and nutrition choices.
- Recognize how posture and ergonomics impact spinal health and long-term development.
- Implement practical strategies for injury prevention and sports performance improvement in kids and teens.
- Develop daily habits that enhance growth and development
- Utilize fun and easy “life hacks” to improve children’s health, performance, and wellness without feeling like “homework.”
- Introduce age-appropriate rehab exercises that can be easily incorporated into daily life for common chiropractic conditions.
- Understand the role of educating parents and kids on the importance of establishing good habits and routines.

Course Outline:

0-15 minutes Introduction to growth and development in pediatrics Overview of growth and development in infants, kids, and teens
Common pediatric outcomes without intervention
Lifestyle factors and their impact on the immune system, nervous system, msk system

15-30 minutes The Role of the Chiropractor in Pediatric Health and Development

Overview of growth and development in infants, kids, and teens
Review of common conditions (torticollis, scoliosis, growing pains, etc.)
Creating chiropractic treatment plan recommendations for infants, kids, and teens

30-45 minutes Sleep essentials for infants, kids, and teens

The importance of sleep on growth and development Best sleep positions for kids and teens (spinal alignment and pillow choice) Tips for creating a sleep-friendly environment (lighting, electronics, bedtime routines)

45-60 minutes How Everyday Ergonomics Impact Health

Infant/parent ergonomics (nursing, sleeping, stroller) Toddler/parent ergonomics (walking, carrying) Kids/teens ergonomics (car, homework, studying, chores, car, sports, screen time) Tips for families to enhance posture without constant reminders or “homework.”

60-75 minutes Injury Prevention and Sports Performance

Sports choice and education Daily movement habits to improve flexibility and strength (exercises for kids and teens) Preventing common sports injuries (warm-up techniques, stretching, strength training, body awareness)

75-90 minutes Easy, Fun, and Effective Active Rehab for All Ages

- Age-appropriate active rehab plans for common pediatric conditions (e.g., scoliosis, growing pains, posture issues, and injuries) Fun, engaging “homework” that doesn’t feel like homework (interactive stretches and movements) Incorporating rehab into daily routines by way of establishing good habits

90- 105 minutes Nutrition and Hydration: Fueling Growth and Development

The role of nutrition in immune function, brain health, and physical development Kid-friendly, nutrient-dense snacks and meals

105-120 minutes Hydration tips for kids and teens (hydrating for sports, energy, and focus)

Conclusion: The role of education in pediatric development 15 Minutes

- The connection between the nervous system and mood regulation Lifestyle habits that reduce stress (breathing exercises, mindfulness, play) How chiropractic adjustments support emotional balance and focus

Curriculum Vitae

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

Current Employment

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

Licenses

Chiropractor - Colorado CO 5067

Education

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

Certifications

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

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

Speaker/Presenter Experience

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

Speaker Name: Kathy Weidner and April Lee DC

Course Title: Medicare Mastery: From Fundamentals to Complicated Compliance

Course Description: The topic of Medicare generates the highest volume of questions that come into help desks throughout the profession. The list of biggest practice headaches shared in surveys always starts with Medicare. Medicare basics are taught again and again, but it is difficult to dive deeper into the complex, often confusing regulations of Medicare. This session will assist providers and team members with the complicated and often convoluted aspects of this high-risk program. Finally, understand the nuances that will allow your Medicare patients to be cared for effectively while staying on the right side of the regulations and rules. This session will cover all the new rules as well as everything you ever wanted to know about the topic.

Learning Objectives:

- Distinguish the difference between Part B and Part C Medicare for Compliance
- Master confirmation of eligibility for Medicare Part C patients even as a non-participating provider of insurance plans
 - Acknowledge and audit CMT coding ratios to evaluate the potential risk
- Identify Dually Eligible Individuals (QMB) and understand how Medicare works with Medicaid
- Ascertain the practice's obligations for QMB patients regardless of Medicaid participation or coverage
- Provide accurate and legal advance notice to dually eligible individuals within the new guidelines

Course Outline:

- I. Medicare Overview: Part B vs Part C -**15 Minutes**
 - a. Enrollment options as a chiropractor with Medicare as Participating or Non-Participating
 - b. Review Medicare Administrative Contractors and become familiar with their services

- II. Medicare Billing Regulations - **15 Minutes**
 - a. Understand eligibility vs verification in Part B and Part C

b. Mandatory billing requirements for Part B and Part C

III. Medicare Coding - **15 Minutes**

a. Mechanics of when mandatory billing is required and when patients can self-pay

b. CMT coding and modifier regulations

IV. Medicare Advance Notice - **15 Minutes**

a. Medicare mandatory Advance Beneficiary Notice (ABN) regulations

b. Medicare special notice for excluded services

V. Medicare Patient Financial Regulations-Part 1 - **15 Minutes**

a. Charge regulations for both covered and excluded services

b. Fee regulations when the patient has graduated to maintenance care

VI. Medicare Patient Financial Regulations-Part 2 - **15 Minutes**

a. Medicare Advantage rules for non-participating providers

b. Managing contractual obligation denials compliantly

VII. Advanced Medicare Billing Guidelines-Part 1 - **15 Minutes**

a. Qualified Medicare Beneficiary (QMB) regulations

b. Medicaid and dually eligible individuals

VIII. Advanced Medicare Billing Guidelines-Part 2 - **15 Minutes**

a. Rules for treating family members

b. Medicare Revalidation

Curriculum Vitae
Katherine Weidner, MCS-P, CPCO, CCPC, CCCA/ dba Kathy Mills Chang, MCS-P, CPCO, CCPC, CCCA
9457 S. University Blvd, #167 Highlands Ranch, CO 80126
W) 855-832-6562 C) 303-903-2274
kathy@kmcuniveristy.com

Professional Experience

- **Recognized in the top 1% of Compliance and Reimbursement Specialists in the Chiropractic Profession**
- **Established as one of the top speakers and trainers on documentation, Medicare and compliance in the Chiropractic Profession**
- **Certified Medical Compliance Specialist, 2011-Present**
- **Certified Professional Compliance Officer, 2022-Present**
- **Certified Chiropractic Professional Coder, 2015-Present**
- **Professional Chiropractic Assistant, since 1983**

- **Founder and CEO, KMC University/Kathy Mills Chang, Inc., 2006-present**
 - Lead a team of twenty plus to deliver specific and focused consulting, auditing and training with physicians and staff regarding compliance, documentation, coding, insurance, Medicare, and other topics
 - Conduct one on one training, analysis, and implementation guidance for clients and customers numbering in the thousands
 - Internationally published author and columnist for national publications, training manuals, and a range of internet educational outlets related to compliance, documentation, coding, and Medicare

- **Owner/Founder and Developer, The Paperwork Project, LLC. 2009-present**
 - Together with Mr. Bill Esteb, developed and produced the first of its kind documentation Paperwork System for Doctors of Chiropractic
 - Serve as technical advisor and primary documentation and compliance specialist for customers and clients

- **Reimbursement and Compliance Consultant, Multiple Chiropractic Organizations/Corporations, 2006-Present**
 - Serve as liaison to multiple corporations advising on insurance, coding, and compliance related matters
 - Serve on diverse boards providing guidance and direction in compliance and insurance related matters
 - Respond to customer and staff inquiries by phone and email concerning insurance, coding, and reimbursement
 - Conduct teleconferences, webinars, and training on insurance/reimbursement instruction and troubleshooting
 - Develop and customize tools and documents for customers to use
 - Member, Speakers Bureau, speaking nationally on a variety of subjects

- **Insurance Relations Consultant, Multiple State Associations, 2006-present**
 - Serve as insurance relations troubleshooter for member related questions and issues around compliance, insurance, and documentation. Currently serving 6 state associations in this capacity.
 - Present training via web or onsite; write newsletters, answer questions, maintain FAQ
 - Serve as a resource for the Association leadership on matters when requested

- **Senior Practice Management Consultant, Breakthrough Coaching, 2001-2006**
 - Responsible for all aspects of client operations in both chiropractic and multidisciplinary settings
 - Develop, Train, Coach and Supervise client's staff and advise clients strategic and tactical day to day operations
 - Prepare and deliver comprehensive business/practice plans to chiropractic and multidisciplinary clients

- **Assistant Director for Insurance, American Chiropractic Association, 1999-2001**
 - Primary staff contact for Practice Management Development issues
 - Provided insurance relations guidance for the Chiropractic profession at the national level
 - Present coding, Medicare, and insurance seminars on both the national and state level
 - Primary staff researcher, troubleshooter, and trainer for coding, Medicare, and reimbursement issues

- **Director of Income, Advanced Medical/Spina Family Chiropractic 1995-1999**
 - Practice Administrator, responsible for all operations for 5-center chiropractic/multidisciplinary practice
 - Professional staff trainer/instructor for 50+ employee base

- **Chiropractic Office Manager/Administrator, 1983-1994**
 - Handled all day to day operations of three chiropractic practices, from start-up operations to existing practices
 - Developed office policy, staff training modules, forms, and other turn-key operations for doctor

Professional Recognitions, Affiliations, and Publications

- **Member, Entrepreneurs Organization (EO), Colorado Chapter, 2016-Present**
 - **Growth Director**, US West Region – 2022-present
 - **Regional Recruiting Expert, US West Region** – 2021-2022
 - **Board Member, Membership**-2020-2022
 - **Recipient of Global Recruiting Award from EO Global**-April 2021
- **2016 Person of the Year**, Parker Seminars, January 16, 2016
- **2010 Educator of Year**, Missouri State Chiropractors Association, July 31, 2010
- **2007-2008 Neal Bishop Service Award**, presented to the non-DC who provided the most service to the profession in the state, Colorado Chiropractic Association, August 2008
- **ACA Chairman's Award**, American Chiropractic Association, August 2001
- **Member, Association of Healthcare Auditors and Educators**, since 2011
- **Featured Interview, Article, and Cover Photograph**, The American Chiropractor, October 2009
- **Featured Columnist and Author**, Chiropractic Economics Magazine, 2007-present
- **Featured Columnist and Author**, The American Chiropractor, 2009-present
- **American Chiropractic Association**, Member since 2000

April Lee, D.C., CPCO, CPMA

2385 Placid Dr. Ft. Walton Beach, FL 32547 850-502-7455

Professional Experience

- **17 years of hands-on chiropractic experience working with patients, case management, diagnosis, compliance, and documentation**
- **Compliance Specialist for KMC University, 2019- present**
- **Certified Professional Compliance Officer, 2021-present**
- **Certified Professional Medical Auditor, 2022-present**
- **Successfully built and managed my Chiropractic business creating a busy, profitable organization while leading all team members and associate doctors and then sold that practice in 2020.**

Owner of Serenity Health Chiropractic- Shalimar, FL 4/2023- present

- Actively in practice full time with patient care and business management

Compliance Specialist- KMC University- Highlands Ranch, CO 4/2023- present

- Construct OIG Compliance Programs for chiropractic offices
- Perform documentation audits for chiropractic offices

Education Director- KMC University - Highlands Ranch, CO 10/2019- 4/2023

- Served as documentation and compliance expert for KMC University and its thousands of clients and customers, overseeing all documentation and compliance training, and curriculum
- Conducted one-on-one training, analysis, and implementation guidance related to Medicare, documentation, coding, compliance, and other business matters
- Supervised, trained, and lead the largest team of certified specialists in this profession as they consult with clients, and train teams on matters of documentation and compliance
- Oversaw all internal auditing of documentation records, whether for compliance, records requests, or assisting clients who are being audited by third-party payers and Medicare.
- Analyzed practice fees for regulatory compliance, including illegal discounts and inducements
- Responsible for KMC University's Research and Development arm, keeping up to date on changes that affect health care, the chiropractic profession, and other important areas
- Authored blogs and articles published throughout the Chiropractic profession pertaining to areas of reimbursement, documentation, and compliance

Owner of Bluewater Chiropractic Wellness Center- Niceville, FL 10/2008- 02/2020

- Operated successful chiropractic practice to include patient care and business management
- Managed and trained associate doctors
- Managed all duties of office and administrative staff
- Created policies and standard operating procedures for all job positions and duties within the practice

Associate Doctor of Chiropractic – La Costa Chiropractic – Carlsbad, CA 9/2005 to 08/2008

- Provided chiropractic care and therapy services for a wellness-based chiropractic office.
- Performed compliant history, examination, assessment, and diagnosis of patients to identify musculoskeletal and spine disorders and develop functional treatment plans including effective chiropractic treatment. Accurately documented and maintained patient notes and charts

Education

Doctorate of Chiropractic: Cum Laude, 9/2004

Palmer West Chiropractic College- San Jose, CA

Bachelor of Science Degree, Biology: 07/2004

Excelsior College - Albany, NY

Certifications

- Certified Professional Compliance Officer
- Certified Professional Medical Auditor
- State of FL Chiropractic License
- National Board of Chiropractic Exam: Part I, II, III, PT, and IV

Skills & Abilities

- Leadership
- Decision making abilities and problem resolution
- Time management
- Attention to Detail
- Excellent Organizational Skills

Speaker Name: Kelly Starrett

Course Title: Performance Therapy: Integrating the Provider into a High-Performance Sport Model – Part I

Course Description: Sports have always had brilliant providers who keep athletes in the game. However, as sports performance has continued to move away from a siloed approach to operations, Sports Medicine has not always been well positioned to contribute to the performance side of the equation. This course will discuss tools and insights to unlock the potential of performance therapy to enhance sports performance.

Course Objectives:

Understand the current limitations and resistance to the typical provider role in an inherited and reactionary model of human performance. Be able to identify key areas of High Performance (HP) the provider is perfect for beyond traditional provider roles Able to intercept and improve athlete performance across the spectrum of care and training environments from athlete-centered recovery, strength and conditioning, warm-up/movement preparation, as well as practice and game performance Understand essential elements of a modern strength and conditioning practice and how regression and progression of these elements might be more effective than traditional non-performance corrective exercise. Be able to describe how well-athlete performance therapeutic interventions might impact individual performance and performance culture Understand essential elements of environmental behaviors that reduce session cost, match congestion, healing, and mental performance

Course Outline:

Session 1: 2-hour block

1: State of the State: Models of Care vs. Models of Performance 15 min

Defining roles in HP Sport mode

Provider Lead Performance Behaviors Lifeguard vs Swim Instructor

Areas of friction with current medical models of athlete care/performance

2. Expanding areas of influence: 15min

Expanding practice to include objective performance measures

Reducing Session Cost through Objective Measures

Improving performance in weight room, pitch, and pool through ROM and soft tissue health, environmental behaviors

3 Beyond Correctives and Treatment 30 min

S&C as a parallel real-time diagnostic tool

Model for defining competency out of sport competition: Characteristics of Training: High load/speed/fatigue

Position as a through-line guiding principle

Model for understanding and assessing program components Archetypes

4. Implications of Performance Regression/Progression model 15 min

Increase in Transferability, Buy-in, Adaptability of Skill

Identifying and limiting compensation in training in the gym and on the pitch

The exercise continuum: exercise as a hobby to sports-specific training

5. Blending Modern S&C and Provider Skills 15 min

Incomplete ROM, Incident, Accident Continuum

TNTS” Trivial Events in Non-Trivial Systems and Normal Accident Theory

6. Skill Transfer Exercises and Position Transfer Exercise 15 min

Implementing Position into Recovery/Mobility/Plan Development

Tactics for Regression of Movements for pain/motor learning

7. Supporting the Athlete’s 50%/Questions 15 min

Establishing movement minimums/quick tests

Strategies for Athlete education and implementation

Kelly Starrett, DPT
The Ready State, Inc.
kelly@thereadystate.com
415-350-9761

EDUCATION

Samuel Merritt College, Oakland, CA – Doctor of Physical Therapy, July 2007
University of Colorado, Boulder, CO – B.A. Geography, June 1997

PROFESSIONAL EXPERIENCE

The Ready State (formerly MobilityWOD)—Co-Owner and Co-Founder (2010-Present)

San Francisco CA www.thereadystate.com

The Ready State is a revolutionary approach to solving inefficient human movement and movement dysfunction. Started in 2010 as an open-sourced, free right to knowledge platform, The Ready State content millions of times and has produced thousands of videos, and thousands of hours of content for nearly three-quarters of a million users in one hundred ninety-one countries.

San Francisco Crossfit—Co-Owner and Co-Founder (2005-2020)

San Francisco, CA www.sanfranciscocrossfit.com

San Francisco Crossfit is one of the premier strength and conditioning centers on the planet. SFCF specializes in the advancement of human performance across sport, age, gender, or work platforms. From the professional ballet, to the world's elite tactical athletes, Olympic athletes, and world record strength athletes, we specialize in human beings achieving their absolute potentials.

StandUpKids.org – Co-Founder (2015- Present)

San Francisco, CA <http://www.standupkids.org>

The mission of StandUpKids is to get every public school child at a standing desk in 10 years, to combat the epidemic of sedentary lifestyles and inactivity, and to better reflect 21st century education goals.

PUBLICATIONS

- Becoming A Supple Leopard, 2013. New York Times, Wall Street Journal, and USA Today Bestseller
- Ready to Run, 2014. New York Times Bestseller
- Deskbound, 2016. Wall Street Journal & National Bestseller
- Waterman 2.0, publication 2017
- Built to Move 2023 New York Times & Wall Street Journal Bestseller

SPEAKING ENGAGEMENTS

- Movement & Mobility Live Course (2009-2015) Aimed and providing participants a cogent model to understand and deconstruct human movement in order to enhance the safety and efficacy of human movement, resolve movement pain and dysfunctional, and most importantly to maximize human performance. Over 17,000 athletes, PTs, coaches, and more attended the one-day course.
- Speaker – APTA National Conference
- Keynote - U.S. Army Special Operations Medical Association, Baylor University
- Keynote – National Osteopathic Convention, Monterey, California
- Keynote – Norwegian Naprothatic National Convention, Oslo, Norway
- Keynote – Bulletproof Conference, Pasadena California
- Panelist – World Wearable Technology Convention, San Francisco, California
- Speaker – Mastermind Talks, Napa, CA
- Keynote – Let's Move Conference, Amsterdam, Netherlands
- Speaker – Berkeley School of Public Health, Berkeley, California
- Speaker – Google Talk, Mountain View, California
- Speaker – Reebok HQ – Deskbound, Boston, MA & Seoul, Korea
- Speaker – Bloomberg, Inc., San Francisco, California
- Speaker – Eleven, Inc., San Francisco, California
- Speaker – BBDO, Inc., San Francisco, California

- Speaker – FitExpo, White Plains, New York
- Keynote – Perform Better Summit, Cologne, Germany
- Keynote – Stanford Performance & Coaching Symposium, Palo Alto, California
- Speaker – Stanford Medical School, Palo Alto, California
- Guest Lecturer – Samuel Merritt Graduate School of Physical Therapy, Oakland, California
- Keynote – Willis Towers Watson HR Symposium, San Francisco, California
- Keynote – Perform Better Summit, Providence, Rhode Island, & Long Beach, California
- Speaker – SME Experience – Crossfit Games, Carson, California
- Presenter – Reebok Athlete Summit, Bahamas
- Keynote – Southern Regional Strength & Conditioning Summit, Mobile, Alabama

CONSULTING ENGAGEMENTS

- NFL – New Orleans Saints, Buffalo Bills, Giants, 49ers, Eagles
- NBA – Lakers, Wizards, Thunder
- NHL – Sharks, Blackhawks, Redwings, Mapleleaves
- MLB – Brewers, Indians, Bluejays, Twins, Astros, Nationals
- Premier Soccer – Arsenal
- Premier Rugby – Harlequins
- Olympics – British Olympic Cycling, US Rowing, Altis (World Athletic Center Track & Field)
- Every branch of the U.S. military including JSOC, Army Special Forces, Naval Special Warfare, Marine Air Weapons Tactical School, Air Force Pararescue, U.S. Coast Guard
- WWE
- Universities: Stanford Human Performance, San Jose State Women’s Swimming, Baylor Football, University of Michigan Football, Notre Dame Football, University of South Alabama Football, Indiana University Football
- Team Radio Shack

MEDIA

60 Minutes Sports Feature – *Master of Motion* – full-length feature about MobilityWOD our work.

<http://www.sho.com/video/31239/kelly-starrett-master-of-motion>

Also featured: The Tim Ferriss Show, The Joe Rogan Show, Men’s Health, Fox News, CNN, Today Show, CBS Sports, Outside Magazine, and many, many more.

MISCELLANEOUS

Liquid Kayak Camp—Co-Founder and Director (2003-2013)

Liquid was the only weeklong kayaking camp for young adults living with HIV/AIDS in the world. Using kayaking as a metaphor for life, the camp strove to prove to young adults battling HIV/AIDS that they could do anything despite or because of their disease. Winner of the San Francisco Bay Guardian’s “Best of The Bay” Award, 2006.

U.S. Canoe and Kayak Team—Team Member (1998,1999)

Two-time member of U.S. national whitewater slalom team representing the United States in World Cup competitions.

U.S. Extreme Whitewater Team—Team Member (2000,2001)

Two-time Captain of the U.S. Men’s Whitewater Team. Two-time National Whitewater Champion and represented the United States at two World Championships.

Eagle Scout, Garmisch Germany

LICENSES/CERTIFICATIONS

Certified CrossFit Trainer: CrossFit Level 1

Speaker Name: Andy Galpin and Dan Garner

Course Title: Practical Application of Hypertrophy Training - Upper and Lower Body Part II

Course Description: Maximize your upper body muscle growth with the hands-on "Practical Application of Hypertrophy Training – Upper Body" seminar. This in-person session focuses on perfecting exercise execution and programming strategies to build strength and size in key lower-body muscle groups. Learn evidence-based techniques to enhance activation, refine form, and integrate non-traditional repetition schemes into your training. Gain real-time feedback and practical insights that can be immediately applied to elevate your upper-body hypertrophy results. Maximize your lower-body muscle growth with the hands-on "Practical Application of Hypertrophy Training - Lower Body" seminar. This in-person session focuses on perfecting exercise execution and programming strategies to build strength and size in key lower-body muscle groups. Learn evidence-based techniques to enhance activation, refine form, and integrate non-traditional repetition schemes into your training. Gain real-time feedback and practical insights that can be immediately applied to elevate your lower-body hypertrophy results.

Course Objectives:

- Understand the foundational principles of upper and lower-body hypertrophy training, including muscle activation and programming.
- Demonstrate proper form and technique for key compound upper and lower-body movements such as chest presses, bicep curls, push-ups, squats, deadlifts, and lunges.
- Learn effective isolation exercises targeting lower-body muscle groups like biceps, pectorals, delts, hamstrings, quadriceps, glutes, and calves.
- Apply advanced techniques and non-traditional repetition schemes to enhance hypertrophy results.
- Gain hands-on experience refining upper and lower-body exercises with real-time feedback and adjustments.
- Develop the ability to structure and integrate upper and lower-body hypertrophy workouts into a balanced training program.
- Identify common technique errors and implement strategies to correct them for improved performance and injury prevention.
- Leave with actionable insights to immediately optimize upper and lower-body hypertrophy training in real-world scenarios.

Course Outline: Hour 1:

- a. Introduction & Key Concepts (15 Minutes)
- b. Foundational Upper-Body Exercises (15 Minutes)
- c. Targeted Isolation Movements (15 Minutes)
- d. Application & Integration (15 Minutes)

Hour 2:

- a. Introduction & Key Concepts (15 Minutes)
- b. Foundational Lower-Body Exercises (15 Minutes)
- c. Targeted Isolation Movements (15 Minutes)
- d. Application & Integration (15 Minutes)

Andrew J. Galpin

Phone: 657-278-2112

Email: agalpin@fullerton.edu

PROFESSIONAL EXPERIENCE

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

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

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

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

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

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

Consultant: 2011-present

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

EDUCATION

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

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

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

TEACHING

Academic Lecture Courses:

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

Independent Study/Internship:

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

Mentorship:



PROFILE

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

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

CONTACT

PHONE:
519-777-8517

Social:
Instagram: @dangarnernutrition

EMAIL:
dangarner88@gmail.com

HOBBIES

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

DAN GARNER

Lab Analyst + Performance Coach

EDUCATION

Mohawk College: Health, Wellness, and Fitness Diploma

Graduated with Honors in 2011.

Tutored the Year 2 students while I was in Year 1.

Earned three health certifications on top of the curriculum.

Continuing Education

Earned 22 certifications in training, physiology, medicine, and nutrition.

Personally mentored by doctors, researchers, and elite coaches.

Creator of currently recognized health education programs.

WORK EXPERIENCE

Team Garner Inc.

Title: President

Lab Analyst and coach for professional athletes, CEOs, and celebrities.

International lecturer, course creator, and Fullerton University advisor. .

Garner Innovations Inc.

Title: President

Scientifically published author.

Contributor to prestigious research reviews.

Developer of lab interpretation software for health and performance.

Joint Ventures

Title: Equity Holder and Co-Founder

Vitality Blueprint: Founder and Chief Innovations Officer

RAPID Health Optimization: Lab Analyst and Program Designer.

XPT Life: Advisor and Nutrition Expert.

BioMolecular Athlete: Innovative Research & Development.

ADDITIONAL NOTES

Editor and reviewer of the Precision Nutrition Level 1 Certification.

Featured in over 1000 YouTube videos, articles, and podcasts.

Western University has accepted my PhD application.

Have letters of attestation from Dr. John Berardi and Dr. Andy Galpin.

Received multiple shoutouts on The Joe Rogan Experience Podcast.

Nutrition advisor at a NASA multiplanetary travel symposium.

Partner of Genova Diagnostics Laboratories.

Speaker Name: Greg Rose

Course Title: Improving Thorax Mobility Dysfunction in Rotary Athletes

Course Description: This one-hour lecture will discuss how to diagnose and treat thorax mobility dysfunction in rotary athletes. Using a series of movement screens and hands-on palpation Dr. Rose will show how he identifies underlying causes of thorax mobility dysfunction. The ability to rotate and extend in the thorax is one of the most important skills needed to be a successful rotary athlete.

Course Objectives:

- Understand how to screen thorax mobility dysfunctions in athletes.
- Understand how to differentiate between spine, rib, and fascial restrictions.
- Understand how to treat rotary and extension mobility restrictions in the thorax.

Course Outline:

Part 1:(15 minutes)

I. Introduction and Basic Terminology

A. The importance of the thorax in rotary athletes

B. Structures that tend to get restricted

C. Causes of restrictions in the thorax

Part 2: (15 minutes)

II. Movement Screening

A. Top Tier Screen for Thorax Mobility

Part 3: (15 minutes)

III. Breakout Screen for Thorax

A. Rib Cage Palpation

B. Fascial Restrictions

C. Spine Mobility

Part 4: (15 minutes)

VI. Money Moves to Improve Mobility

A. Rib Distraction

B. Fascia Stretches

C. Spine Mobility Exercises

Greg Rose, DC

Bio

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

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

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

Company Ownership

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

Personal Data

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

Licenses and Certifications

Doctor of Chiropractic License California #DC 29583

Education

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

Peer-Reviewed Publications

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

Books

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

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

Employment/Positions Held

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

Speaker Name: Tammy Fogarty

Course Title: Thriving Through Menopause: Nutrition and Lifestyle Strategies for Optimal Health

Course Description: This presentation empowers healthcare professionals to guide women through the perimenopausal and menopausal transitions using nutrition and lifestyle strategies. The session highlights the physiological changes during this life stage and their impact on health, focusing on managing symptoms such as weight gain, hot flashes, and mood swings. Participants will learn evidence-based dietary interventions and complementary lifestyle modifications to help patients optimize their health and quality of life during this transformative phase.

Course Objectives:

1. Identify key physiological and hormonal changes during perimenopause and menopause and their effects on health.
2. Develop personalized nutrition strategies to address common symptoms and health concerns during these transitions.
3. Integrate lifestyle interventions, including physical activity, stress management, and sleep hygiene to support overall well-being.
4. Educate and empower patients to make sustainable lifestyle choices that improve long-term health outcomes.
5. Utilize practical tools and resources to enhance patient engagement and adherence to health plans.

Course Outline:

Part 1:(15 minutes)

I. Understanding Hormonal and Physiological Changes

Part 2: (15 minutes)

II. Nutrition for Hormonal Balance and Symptom Management

Part 3: (15 minutes)

III. Lifestyle Choices for Optimal Health

Part 4: (15 minutes)

III. Personalizing Care Plans

Tammy C. Fogarty PhD, RD, LD/N

536 NE 8th Avenue

Deerfield Beach, FL 33441

tammy@tammyfogarty.com

(888) 848-2669

EMPLOYMENT

Aug 2019- Present

Parker University

Dean, Health and Human Performance

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

Jan 2015- Present

About Thyme Nutrition

Private Practice

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

Sep 2012-Aug 2019

Florida International University

Adjunct Professor, on-campus

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

Jan 2011- Aug 2019

Palm Beach State College

Adjunct Faculty, online and on-ground

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

Oct 2013- Aug 2019

Everglades University

Adjunct Faculty, online

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

Nov 2005- Oct 2013

Everglades University
Department Chair of Allied Health/ Alternative Medicine

Boca Raton, Florida

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

Oct 2004- Nov 2007

Clinical Dietitian
Sodexo/ Delray Medical Center
Delray Beach, Florida

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

April 2004- Oct 2004

Clinical Dietitian
Broward General Medical Center
Fort Lauderdale, Florida

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

Aug 2003- April 2004

Florida International University Dietetic Internship

Speaker Name: MaryAnne Dimak

Course Title: Pediatric Movement Advocacy for Long-Term Health

Course Description: This course is designed to expose the attendee to physical activity guidelines for children, the disease impact that physical activity can have in both the positive and negative direction, and a variety of opportunity areas for the practicing chiropractor on how to engage in their communities and help remove barriers between youth and optimum levels of activity.

Course Objectives:

1. Identify current research on physical activity guidelines in the youth patient.
2. Identify common neuromusculoskeletal presentations that the pediatric patient presents to chiropractors.
3. Create appropriate active care interventions that are influenced by current research guidelines on physical activity.
4. Identify ways to step out of the clinical environment and serve local communities through movement advocacy for youth.

Course Outline:

1. Why Pediatric Physical Activity Matters (15 minutes)
 - a. Current non-communicable disease statistics as they relate to the pediatric population.
 - b. Current physical activity guidelines in the literature.
 - c. What are the current barriers in the way of the youth in getting the recommended levels of physical activity?
2. Barriers to Movement: Neuromusculoskeletal presentations and disorders related to physical activity levels. (15 minutes)
 - a. Injury to sedentary lifestyle trends.
 - b. Sedentary lifestyle to injury trends.
3. Applications for the chiropractic practice. (15 minutes)
 - a. Verbal communication techniques to influence physical activity.
 - b. Identifying patients who are moving too little.
 - c. Overtraining and its implications on long-term physical activity levels.
4. Gamification of rehabilitation for the pediatric patient. (15 minutes)
 - a. How to design rehabilitative intervention plans to inspire physical activity.
 - b. How to get buy-in from the pediatric patient by gamifying rehabilitation for in-office and home care use.

MaryAnne Harrington Dimak, MS, DC

605.299.6058 | mdimak@parker.edu

Curriculum Vitae

EDUCATION:

- 12.2011 **Doctor of Chiropractic**, Logan College of Chiropractic, Chesterfield, MO.
Graduated Cum Laude.
- 12.2013 **Masters of Science in Nutrition and Human Performance**, Logan University,
Chesterfield, MO. Graduated with Distinction.
- 4.2014 **Masters of Science in Sports Science and Rehabilitation**, Logan College of
Chiropractic, Chesterfield, MO. Graduated with Distinction.
- 4.2009 **Bachelors of Science in Human Biology**, Logan College of Chiropractic,
Chesterfield, MO.
- 5.2008 **Bachelors of Science in Biological Sciences**, University of Nebraska-
Lincoln.

LICENSURES AND CERTIFICATIONS:

Texas State Board of Chiropractic Examiners
National Board of Chiropractic Examiners, Parts I-IV
Physiotherapy of the National Boards
Full Body Certification, Active Release Technique
Webster Technique Certification
CPR Basic Life Support Certification

CONTINUING EDUCATION:

- 2010 **Active Release Technique Upper Extremity**, St. Louis, MO
Active Release Technique Spine, St. Louis, MO
- 2011 **ProSport Chiropractic**, Las Vegas, NV
Active Release Technique Lower Extremity, Memphis, TN
Carpal Tunnel Syndrome (Non-Surgical & Surgical Treatment Options),
Southeast Missouri Hospital, Cape Girardeau, MO
200 Hr Yoga Teacher Training, Clayton, MO
Dynamic Neuromuscular Stabilization A, Phoenix, AZ
- 2012 **Active Release Technique Lower Extremity**, San Diego, CA
- 2013 **Prague School to Athletic Development**, Craig Liebenson, DC
Faulty Movement Patterns, San Francisco, CA
Continuum of Care, San Francisco, CA
- 2013 **Perform Better Functional Training Summit**, Long Beach, CA
Active Release Technique Upper Extremity, San Diego, CA
- 2014 **Assessing Movement**, Gray Cook, PT, Pr. **Stuart McGill**, Stanford Sports
Medicine, Palo Alto, CA
Perform Better Functional Training Summit, Long Beach, CA
Active Release Technique Recertification

2015 **Dynamic Neuromuscular Stabilization Exercise 1**, Southern California University of Health Sciences, Whittier, CA
Prague School to Athletic Development, Craig Liebenson DC,
Part A: Core, Los Angeles, CA
Part B: Extremities, Los Angeles, CA
Active Release Technique Diagnosis Course/SFMA I, Oceanside, CA
Perform Better Functional Training Summit, Long Beach, CA
The Frontal Plane, Koichi Sato ATC, Los Angeles, CA
Assistant, Prague School to Athletic Development, Craig Liebenson, DC, Vancouver, BC, Canada
Functional Biomechanics Skills Review, Brett Winchester, DC, Functional Biomechanics, Phoenix, AZ

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

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

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

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

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

Curriculum Vitae
Katherine Weidner, MCS-P, CPCO, CCPC, CCCA/ dba Kathy Mills Chang, MCS-P, CPCO, CCPC, CCCA
9457 S. University Blvd, #167 Highlands Ranch, CO 80126
W) 855-832-6562 C) 303-903-2274
kathy@kmcuniveristy.com

Professional Experience

- **Recognized in the top 1% of Compliance and Reimbursement Specialists in the Chiropractic Profession**
- **Established as one of the top speakers and trainers on documentation, Medicare and compliance in the Chiropractic Profession**
- **Certified Medical Compliance Specialist, 2011-Present**
- **Certified Professional Compliance Officer, 2022-Present**
- **Certified Chiropractic Professional Coder, 2015-Present**
- **Professional Chiropractic Assistant, since 1983**

- **Founder and CEO, KMC University/Kathy Mills Chang, Inc., 2006-present**
 - Lead a team of twenty plus to deliver specific and focused consulting, auditing and training with physicians and staff regarding compliance, documentation, coding, insurance, Medicare, and other topics
 - Conduct one on one training, analysis, and implementation guidance for clients and customers numbering in the thousands
 - Internationally published author and columnist for national publications, training manuals, and a range of internet educational outlets related to compliance, documentation, coding, and Medicare

- **Owner/Founder and Developer, The Paperwork Project, LLC. 2009-present**
 - Together with Mr. Bill Esteb, developed and produced the first of its kind documentation Paperwork System for Doctors of Chiropractic
 - Serve as technical advisor and primary documentation and compliance specialist for customers and clients

- **Reimbursement and Compliance Consultant, Multiple Chiropractic Organizations/Corporations, 2006-Present**
 - Serve as liaison to multiple corporations advising on insurance, coding, and compliance related matters
 - Serve on diverse boards providing guidance and direction in compliance and insurance related matters
 - Respond to customer and staff inquiries by phone and email concerning insurance, coding, and reimbursement
 - Conduct teleconferences, webinars, and training on insurance/reimbursement instruction and troubleshooting
 - Develop and customize tools and documents for customers to use
 - Member, Speakers Bureau, speaking nationally on a variety of subjects

- **Insurance Relations Consultant, Multiple State Associations, 2006-present**
 - Serve as insurance relations troubleshooter for member related questions and issues around compliance, insurance, and documentation. Currently serving 6 state associations in this capacity.
 - Present training via web or onsite; write newsletters, answer questions, maintain FAQ
 - Serve as a resource for the Association leadership on matters when requested

- **Senior Practice Management Consultant, Breakthrough Coaching, 2001-2006**
 - Responsible for all aspects of client operations in both chiropractic and multidisciplinary settings
 - Develop, Train, Coach and Supervise client's staff and advise clients strategic and tactical day to day operations
 - Prepare and deliver comprehensive business/practice plans to chiropractic and multidisciplinary clients

- **Assistant Director for Insurance, American Chiropractic Association, 1999-2001**
 - Primary staff contact for Practice Management Development issues
 - Provided insurance relations guidance for the Chiropractic profession at the national level
 - Present coding, Medicare, and insurance seminars on both the national and state level
 - Primary staff researcher, troubleshooter, and trainer for coding, Medicare, and reimbursement issues

- **Director of Income, Advanced Medical/Spina Family Chiropractic 1995-1999**
 - Practice Administrator, responsible for all operations for 5-center chiropractic/multidisciplinary practice
 - Professional staff trainer/instructor for 50+ employee base

- **Chiropractic Office Manager/Administrator, 1983-1994**
 - Handled all day to day operations of three chiropractic practices, from start-up operations to existing practices
 - Developed office policy, staff training modules, forms, and other turn-key operations for doctor

Professional Recognitions, Affiliations, and Publications

- **Member, Entrepreneurs Organization (EO), Colorado Chapter, 2016-Present**
 - **Growth Director**, US West Region – 2022-present
 - **Regional Recruiting Expert, US West Region** – 2021-2022
 - **Board Member, Membership**-2020-2022
 - **Recipient of Global Recruiting Award from EO Global**-April 2021
- **2016 Person of the Year**, Parker Seminars, January 16, 2016
- **2010 Educator of Year**, Missouri State Chiropractors Association, July 31, 2010
- **2007-2008 Neal Bishop Service Award**, presented to the non-DC who provided the most service to the profession in the state, Colorado Chiropractic Association, August 2008
- **ACA Chairman's Award**, American Chiropractic Association, August 2001
- **Member, Association of Healthcare Auditors and Educators**, since 2011
- **Featured Interview, Article, and Cover Photograph**, The American Chiropractor, October 2009
- **Featured Columnist and Author**, Chiropractic Economics Magazine, 2007-present
- **Featured Columnist and Author**, The American Chiropractor, 2009-present
- **American Chiropractic Association**, Member since 2000

Speaker Name: Kathy Weidner and April Lee DC

Course Title: Empower Your Team While Minimizing Risk

Course Description: Risk management and compliant cash flow is everyone's job. This power hour will empower your team with confidence in your practice's compliant processes, whether you operate on a cash-based model or engage in 3rd party billing. Just as a tall building requires a strong and deep foundation, your practice's success relies on a solid financial framework. Learn how all team members can implement repeatable strategies that support the providers by reducing billing and documentation risks.

Learning Objectives:

- Evaluate documentation and billing processes to reduce risk
- Ensure financial rules and collection guidance is implemented within the practice
- Trace medical necessity from history, through exam and diagnosis, to treatment plan for maximum compliance

Course Outline:

I. Identify Potential Fraud, Waste, and Abuse 15 Minutes

- a. Review episodes of care and what they mean
- b. Review coding trends that are red flags of non-compliance

II. Recognize Acute, Chronic, and Maintenance Care 15 Minutes

- a. Medical Necessary Care vs. Clinically Appropriate Care
- b. Avoid billing non-compliance by identifying acute, chronic, and maintenance care

III. Support CPT Coding with Initial and Routine Visit Documentation-Part 1 15 Minutes

- a. Initial visit foundational elements to prove medical necessity
- b. Routine visit foundational elements to prove medical necessity I

V. Support CPT Coding with Initial and Routine Visit Documentation-Part 2 15 Minutes

- a. Recognizing and documenting new conditions and exacerbations
- b. Spot-check auditing for compliance

Speaker Name: Kelly Starrett

Course Title: Performance Therapy: Integrating the Provider into a High-Performance Sport Model - Part II

Course Description: Sports have always had brilliant providers who keep athletes in the game. However, as sports performance has continued to move away from a siloed approach to operations, Sports Medicine has not always been well positioned to contribute to the performance side of the equation. This course will discuss tools and insights to unlock the potential of performance therapy to enhance sports performance.

Course Objectives:

Understand the current limitations and resistance to the typical provider role in an inherited and reactionary model of human performance. Be able to identify key areas of High Performance (HP) the provider is perfect for beyond traditional provider roles Able to intercept and improve athlete performance across the spectrum of care and training environments from athlete-centered recovery, strength and conditioning, warm-up/movement preparation, as well as practice and game performance Understand essential elements of a modern strength and conditioning practice and how regression and progression of these elements might be more effective than traditional non-performance corrective exercise. Be able to describe how well-athlete performance therapeutic interventions might impact individual performance and performance culture Understand essential elements of environmental behaviors that reduce session cost, match congestion, healing, and mental performance

Course Outline:

Session 2: 1-hour block

1. Establishing Base Camp, 15 min

Essential Athlete-led behaviors for optimal performance Intro

Overcoming Barriers to Adherence

The Big 8's

2. Making it Objective 15 min

Essential objective measures to improve healing times, return to sport, and improvement in bio-motor output

3. Dynamic Athlete Assessment Movement Scale 15 min

Continuum of Assessment: Athlete-driven self-assessment, partner assessment, and provider assessment models

4. Lessons from the front: A year of chasing a national championship/ Questions 15 min

Surprising lessons in nutritional programming, touching the whole staff, working with

Men's vs. Women, Defining Success

Kelly Starrett, DPT
The Ready State, Inc.
kelly@thereadystate.com
415-350-9761

EDUCATION

Samuel Merritt College, Oakland, CA – Doctor of Physical Therapy, July 2007
University of Colorado, Boulder, CO – B.A. Geography, June 1997

PROFESSIONAL EXPERIENCE

The Ready State (formerly MobilityWOD)—Co-Owner and Co-Founder (2010-Present)

San Francisco CA www.thereadystate.com

The Ready State is a revolutionary approach to solving inefficient human movement and movement dysfunction. Started in 2010 as an open-sourced, free right to knowledge platform, The Ready State content millions of times and has produced thousands of videos, and thousands of hours of content for nearly three-quarters of a million users in one hundred ninety-one countries.

San Francisco Crossfit—Co-Owner and Co-Founder (2005-2020)

San Francisco, CA www.sanfranciscocrossfit.com

San Francisco Crossfit is one of the premier strength and conditioning centers on the planet. SFCF specializes in the advancement of human performance across sport, age, gender, or work platforms. From the professional ballet, to the world's elite tactical athletes, Olympic athletes, and world record strength athletes, we specialize in human beings achieving their absolute potentials.

StandUpKids.org – Co-Founder (2015- Present)

San Francisco, CA <http://www.standupkids.org>

The mission of StandUpKids is to get every public school child at a standing desk in 10 years, to combat the epidemic of sedentary lifestyles and inactivity, and to better reflect 21st century education goals.

PUBLICATIONS

- Becoming A Supple Leopard, 2013. New York Times, Wall Street Journal, and USA Today Bestseller
- Ready to Run, 2014. New York Times Bestseller
- Deskbound, 2016. Wall Street Journal & National Bestseller
- Waterman 2.0, publication 2017
- Built to Move 2023 New York Times & Wall Street Journal Bestseller

SPEAKING ENGAGEMENTS

- Movement & Mobility Live Course (2009-2015) Aimed and providing participants a cogent model to understand and deconstruct human movement in order to enhance the safety and efficacy of human movement, resolve movement pain and dysfunctional, and most importantly to maximize human performance. Over 17,000 athletes, PTs, coaches, and more attended the one-day course.
- Speaker – APTA National Conference
- Keynote - U.S. Army Special Operations Medical Association, Baylor University
- Keynote – National Osteopathic Convention, Monterey, California
- Keynote – Norwegian Naprothatic National Convention, Oslo, Norway
- Keynote – Bulletproof Conference, Pasadena California
- Panelist – World Wearable Technology Convention, San Francisco, California
- Speaker – Mastermind Talks, Napa, CA
- Keynote – Let's Move Conference, Amsterdam, Netherlands
- Speaker – Berkeley School of Public Health, Berkeley, California
- Speaker – Google Talk, Mountain View, California
- Speaker – Reebok HQ – Deskbound, Boston, MA & Seoul, Korea
- Speaker – Bloomberg, Inc., San Francisco, California
- Speaker – Eleven, Inc., San Francisco, California
- Speaker – BBDO, Inc., San Francisco, California

- Speaker – FitExpo, White Plains, New York
- Keynote – Perform Better Summit, Cologne, Germany
- Keynote – Stanford Performance & Coaching Symposium, Palo Alto, California
- Speaker – Stanford Medical School, Palo Alto, California
- Guest Lecturer – Samuel Merritt Graduate School of Physical Therapy, Oakland, California
- Keynote – Willis Towers Watson HR Symposium, San Francisco, California
- Keynote – Perform Better Summit, Providence, Rhode Island, & Long Beach, California
- Speaker – SME Experience – Crossfit Games, Carson, California
- Presenter – Reebok Athlete Summit, Bahamas
- Keynote – Southern Regional Strength & Conditioning Summit, Mobile, Alabama

CONSULTING ENGAGEMENTS

- NFL – New Orleans Saints, Buffalo Bills, Giants, 49ers, Eagles
- NBA – Lakers, Wizards, Thunder
- NHL – Sharks, Blackhawks, Redwings, Mapleleafs
- MLB – Brewers, Indians, Bluejays, Twins, Astros, Nationals
- Premier Soccer – Arsenal
- Premier Rugby – Harlequins
- Olympics – British Olympic Cycling, US Rowing, Altis (World Athletic Center Track & Field)
- Every branch of the U.S. military including JSOC, Army Special Forces, Naval Special Warfare, Marine Air Weapons Tactical School, Air Force Pararescue, U.S. Coast Guard
- WWE
- Universities: Stanford Human Performance, San Jose State Women’s Swimming, Baylor Football, University of Michigan Football, Notre Dame Football, University of South Alabama Football, Indiana University Football
- Team Radio Shack

MEDIA

60 Minutes Sports Feature – *Master of Motion* – full-length feature about MobilityWOD our work.

<http://www.sho.com/video/31239/kelly-starrett-master-of-motion>

Also featured: The Tim Ferriss Show, The Joe Rogan Show, Men’s Health, Fox News, CNN, Today Show, CBS Sports, Outside Magazine, and many, many more.

MISCELLANEOUS

Liquid Kayak Camp—Co-Founder and Director (2003-2013)

Liquid was the only weeklong kayaking camp for young adults living with HIV/AIDS in the world. Using kayaking as a metaphor for life, the camp strove to prove to young adults battling HIV/AIDS that they could do anything despite or because of their disease. Winner of the San Francisco Bay Guardian’s “Best of The Bay” Award, 2006.

U.S. Canoe and Kayak Team—Team Member (1998,1999)

Two-time member of U.S. national whitewater slalom team representing the United States in World Cup competitions.

U.S. Extreme Whitewater Team—Team Member (2000,2001)

Two-time Captain of the U.S. Men’s Whitewater Team. Two-time National Whitewater Champion and represented the United States at two World Championships.

Eagle Scout, Garmisch Germany

LICENSES/CERTIFICATIONS

Certified CrossFit Trainer: CrossFit Level 1

Andrew J. Galpin

Phone: 657-278-2112

Email: agalpin@fullerton.edu

PROFESSIONAL EXPERIENCE

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

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

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

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

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

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

Consultant: 2011-present

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

EDUCATION

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

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

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

TEACHING

Academic Lecture Courses:

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

Independent Study/Internship:

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

Mentorship:



PROFILE

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

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

CONTACT

PHONE:
519-777-8517

Social:
Instagram: @dangarnernutrition

EMAIL:
dangarner88@gmail.com

HOBBIES

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

DAN GARNER

Lab Analyst + Performance Coach

EDUCATION

Mohawk College: Health, Wellness, and Fitness Diploma

Graduated with Honors in 2011.

Tutored the Year 2 students while I was in Year 1.

Earned three health certifications on top of the curriculum.

Continuing Education

Earned 22 certifications in training, physiology, medicine, and nutrition.

Personally mentored by doctors, researchers, and elite coaches.

Creator of currently recognized health education programs.

WORK EXPERIENCE

Team Garner Inc.

Title: President

Lab Analyst and coach for professional athletes, CEOs, and celebrities.

International lecturer, course creator, and Fullerton University advisor. .

Garner Innovations Inc.

Title: President

Scientifically published author.

Contributor to prestigious research reviews.

Developer of lab interpretation software for health and performance.

Joint Ventures

Title: Equity Holder and Co-Founder

Vitality Blueprint: Founder and Chief Innovations Officer

RAPID Health Optimization: Lab Analyst and Program Designer.

XPT Life: Advisor and Nutrition Expert.

BioMolecular Athlete: Innovative Research & Development.

ADDITIONAL NOTES

Editor and reviewer of the Precision Nutrition Level 1 Certification.

Featured in over 1000 YouTube videos, articles, and podcasts.

Western University has accepted my PhD application.

Have letters of attestation from Dr. John Berardi and Dr. Andy Galpin.

Received multiple shoutouts on The Joe Rogan Experience Podcast.

Nutrition advisor at a NASA multiplanetary travel symposium.

Partner of Genova Diagnostics Laboratories.

Speaker Name: Andy Galpin and Dan Garner

Course Title: Practical Applications of Technique – Part III

Course Description: Take your movement skills from theory to practice with the "Practical Applications of Technique" seminar. This hands-on, in-person course focuses on applying cutting-edge methods to optimize exercise execution in real-world settings. Learn how to assess, refine, and implement proper technique across foundational movements like squats, presses, and more.

Course Objectives:

- Demonstrate an understanding of foundational movement mechanics and their importance in performance and injury prevention
- Apply a systematic approach to assess and analyze common movement patterns effectively.
- Identify inefficiencies or compensations in foundational movements, including squats and presses.
- Implement practical techniques and corrective strategies to refine exercise execution.
- Build confidence in integrating optimized techniques into training programs for improved outcomes.
- Develop the ability to apply course insights immediately to enhance performance and safety in exercise routines.

Course Outline:

- " (1-Hour Seminar)**
- a. Introduction & Foundations (15 Minutes)
 - b. Practical Movement Assessment (15 Minutes)
 - c. Technique Optimization Strategies (15 Minutes)
 - d. Application & Wrap-Up (15 Minutes)

Speaker Name: Brandon Steele

Course Title: Mastering Hip Pain: 3 Critical Patterns You Should Recognize

Course Description

Join Dr. Steele for a deep dive into frequently overlooked and often misdiagnosed hip conditions that affect your patients. In this one-hour session, you'll learn how to accurately identify the root cause of hip pain by mastering a couple of critical orthopedic tests. Dr. Steele will walk you through recognizing and differentiating between gluteal tendinopathy, ischiofemoral impingement, femoroacetabular impingement, and hip osteoarthritis. This practical webinar will equip you with proven diagnostic strategies and treatment protocols to effectively manage and address these complex hip issues in your practice.

Course Learning Objectives

Attendees will leave with the following knowledge:

1. The ability to identify the most common hip pathologies presenting to a chiropractic clinic through physical, neurological, functional, and orthopedic evaluation.
2. Knowledge of current "best practice" treatments for these conditions.
3. The ability to improve patient outcomes by making the patient an active participant in their recovery through home exercise programs and ADL (Activities of Daily Living) advice.

Course Outline

- (15min) Review of normal lower extremity anatomy and biomechanics
- (15min) Identifying functional deficits of the lower extremity, including hip abductor weakness
- (15min) Practical management of structural lower extremity pathologies, including assessment, treatment, patient education, stretching, and low-tech rehab exercises for: Gluteal tendinopathy
- (15min) Practical management of structural lower extremity pathologies, including assessment, treatment, patient education, stretching, and low-tech rehab exercises for: Hip osteoarthritis and Femoroacetabular impingement

Curriculum Vitae
Dr. Brandon Steele DC, FACO

Contact Information:

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

Education:

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

Licensure:

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

Memberships:

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

Specialty & Subspecialty Certifications:

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

Publications:

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

Journal of Chiropractic Orthopedists, Peer Reviewer

Speaking Engagements:

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

Speaker Name: Kyl Smith

Course Title: Hidden In Plain Sight: Three key factors that can Change Everything.

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

Course Objectives:

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

Course Outline:

I. Introduction: The Emerging Metabolic Syndrome 15 minutes

- A. How 93% of American adults are metabolically unhealthy
- B. Chronic stress changes the expression of metabolic health
- C. Influences on the Hypothalamic–Pituitary–Adrenal Axis

II. The New Model of Insulin Resistance and Musculoskeletal Health 15 minutes

- A. Diet induced hypersecretion of insulin and HPA activation
- B. Metabolic stress influences cell stress, inflammation and pain
- C. Chronic stress influences insulin sensitivity and uric acid

III. AMPK Activation Improves Metabolic Health 15 minutes

- A. Guardian of metabolism and mitochondrial homeostasis
- B. AMPK activation decreases chronic inflammatory pain
- C. Restoring musculoskeletal health, energy and vitality

IV. Factors that Activate AMPK 15 minutes

- A. Exercise and fasting are the most powerful AMPK activators
- B. The multiple roles of diet and nutrition as AMPK activators
- C. Review and key points for application in practice



CV for Dr. Kyl Smith

CONTACT INFORMATION:

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

EDUCATION:

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

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

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

NATIONAL CERTIFICATION / STATE LICENSE:

National Board of Chiropractic Examiners
Certification Received: August 1993

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

AWARDS & RECOGNITION:

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

ACCOMPLISHMENTS / PROFESSIONAL HIGHLIGHTS:

Author of Four Books:

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

Published in PubMed Peer-Reviewed Research:

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

Speaker Name: Brett Winchester

Course Title: THE LOST ART OF THE ADJUSTMENT (HONORING THE PAST, PROGRESSING FORWARD) Part I

Course Description: This three-hour module will consist of the history of pertinent details as it relates to the adjustment. Current research will be reviewed to bring attendees up to date on current research related to dynamic palpation and adjusting. The contemporary chiropractor will need to modulate their paradigm and model to thrive in the future. Concepts will be discussed on how this implementation can be applied. Respecting the original principles of the chiropractic profession will also be highlighted as we look to the future in how to integrate best practices moving forward. Joint Play, Adjustments, Joint Directional Preference, and Clinical Prediction Rules will be a resonating theme throughout this presentation.

Course Objectives:

- Understand and explain what has made chiropractic thrive over the last century.
- Understand and explain the basic joint neurophysiology and biomechanics of what occurs when we palpate and adjust our patients.
- Understand and define what a multi-modal approach looks like with research to support these ideas.
- Understand how to use dynamic joint assessment, directional preference, and clinical prediction rules to help guide treatment.

Course Outline:

HOUR 1

I. Introduction to the Model - **15 minutes**

A. History of the adjustment

B. Review on current research on what happens with the adjustment

C. The closed Kinematic System

II. Introduction to the Model - **15 minutes**

A. Joint blockage - **15 minutes**

III. Introduction to the Model 15 minutes

A. Mastering dynamic palpation

IIII. Introduction to the Model - **15 minutes**

A. Matching the palpations to common adjustments

Dr. Brett A Winchester, DC (cert MDT)

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

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

EXPERIENCE

2004 – PRESENT
OWNER & CHIROPRACTOR:
WINCHESTER SPINE & SPORT

2004 – PRESENT
FACULTY AND BOARD MEMBER:
MOTION PALPATION INSTITUTE

2008 – PRESENT
SENIOR INSTRUCTOR:
DYNAMIC NEUROMUSCULAR
STABILIZATION

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

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

2016 – 2018
TEAM CHIROPRACTOR:
ST. LOUIS CARDINALS

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

2005 – 2018
POST-GRADUATE FACULTY:
SOUTHERN CALIFORNIA
UNIVERSITY

EDUCATION

1999-2003
DOCTOR OF CHIROPRACTIC:
LOGAN COLLEGE OF
CHIROPRACTIC

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

2019-2020

MECHANICAL DIAGNOSIS AND
TREATMENT CERTIFICATION:
MCKENZIE INSTITUTE

PROFESSIONAL INVITATIONS & LECTURES

2024

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

2022

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

2021

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

Speaker Name: Cody Dimak

Course Title: Strength Training for Athletic Shoulder Rehabilitation

Course Description: This one-hour course will walk clinicians through accessible ways to integrate common strength training exercises into a patient's shoulder rehabilitation. We will cover topics like motor learning principles, anatomical variations to consider when choosing exercises for the shoulder, electromyographic data of various upper body strength exercises, and how to modify exercises and strength programs when pain is present.

Learning Objectives:

- Understand why motor learning and tissue load management are the keys to adaptability.
- Understand why muscle isolation exercises do not always work for patients with shoulder pain.
- Understand various anatomical variations in the shoulder and how they may impact shoulder biomechanics.
- Understand when to utilize strength exercises within shoulder rehabilitation.
- Understand how strength exercises can be a viable substitute for a traditional shoulder rehabilitation approach.
- Understand how to modify a patient's exercise/training program when pain is present.

Course Outline:

- I. What fosters adaptability? (15 minutes)**
 - a. Integrating a constraints-led approach to motor learning
 - b. Introduction to load management principles
- II. Can strength exercises be used for shoulder rehab? (15 minutes)**
 - a. Movement patterns over muscle isolation
 - b. Anatomy that may impact biomechanics
- III. Shoulder girdle muscle activity in strength exercises (15 minutes)**
 - a. Muscle activity during pressing exercises
 - b. Muscle activity during pulling exercises
 - c. Grip integration into strength exercises
- IV. Golden Nuggets for shoulder rehabilitation (15 minutes)**
 - a. Cervical spine involvement in shoulder pain
 - b. Loaded carries
 - c. Exercise and strength program modification for painful movements

Cody A. Dimak, DC

Curriculum Vitae

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

EDUCATION:

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

Techniques

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

Research:

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

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

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

LICENSURES AND CERTIFICATIONS:

Doctor of Chiropractic, Texas (License # 13841)

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

Rehab 2 Performance - The Functional Approach

National Board of Chiropractic Examiners, Parts I-IV

Physiotherapy of the National Boards

Active Release Technique- Spine (2011-2012)

CPR Basic Life Support Certification

CONTINUING EDUCATION:

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

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

Perform Better Functional Training Summit, Long Beach, CA

Functional Movement Screen Certification, Online, Costa Mesa, CA

Prague School to Athletic Development, Craig Liebenson DC

Faulty Movement Patterns, San Francisco, CA

Prague School to Athletic Development, Craig Liebenson DC

Rehab of the Athlete, San Francisco, CA

Perform Better Functional Training Summit, Long Beach, CA

Prague School to Athletic Development, Craig Liebenson DC

Continuum of Care, San Francisco, CA

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

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

Speaker Name: Andy Galpin and Dan Garner

Course Title: Principles of Speed, Power, and Strength – Part I

Course Description: **Course Description: "Principles of Speed, Power, and Strength" Seminar** Unlock the foundational principles behind developing speed, power, and strength in this dynamic seminar. Dive into the science of intensity and volume, and learn how to apply these concepts to create effective, goal-oriented training programs. Explore sample exercises that target each attribute, gaining practical insights into technique and programming.

Course Objectives:

- Define and differentiate between speed, power, and strength in the context of athletic performance.
- Understand the roles of intensity and volume in developing speed, power, and strength.
- Learn how to measure and adjust intensity to align with specific training goals.
- Explore strategies for balancing volume and recovery to optimize performance.
- Identify and demonstrate key exercises for enhancing speed, power, and strength.
- Refine technique for explosive movements, plyometrics, and heavy strength lifts.
- Develop the ability to create and adjust training programs based on individual needs and objectives.
- Gain practical insights to apply the principles of intensity and volume in real-world training scenarios.

Course Outline:

- a. Introduction & Foundations (15 Minutes)
- b. The Science of Intensity and Volume (15 Minutes)
- c. Sample Exercises for Speed, Power, and Strength (15 Minutes)
- d. Application & Wrap-Up (15 Minutes)

Andrew J. Galpin

Phone: 657-278-2112

Email: agalpin@fullerton.edu

PROFESSIONAL EXPERIENCE

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

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

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

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

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

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

Consultant: 2011-present

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

EDUCATION

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

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

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

TEACHING

Academic Lecture Courses:

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

Independent Study/Internship:

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

Mentorship:



PROFILE

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

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

CONTACT

PHONE:
519-777-8517

Social:
Instagram: @dangarnernutrition

EMAIL:
dangarner88@gmail.com

HOBBIES

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

DAN GARNER

Lab Analyst + Performance Coach

EDUCATION

Mohawk College: Health, Wellness, and Fitness Diploma

Graduated with Honors in 2011.

Tutored the Year 2 students while I was in Year 1.

Earned three health certifications on top of the curriculum.

Continuing Education

Earned 22 certifications in training, physiology, medicine, and nutrition.

Personally mentored by doctors, researchers, and elite coaches.

Creator of currently recognized health education programs.

WORK EXPERIENCE

Team Garner Inc.

Title: President

Lab Analyst and coach for professional athletes, CEOs, and celebrities.

International lecturer, course creator, and Fullerton University advisor. .

Garner Innovations Inc.

Title: President

Scientifically published author.

Contributor to prestigious research reviews.

Developer of lab interpretation software for health and performance.

Joint Ventures

Title: Equity Holder and Co-Founder

Vitality Blueprint: Founder and Chief Innovations Officer

RAPID Health Optimization: Lab Analyst and Program Designer.

XPT Life: Advisor and Nutrition Expert.

BioMolecular Athlete: Innovative Research & Development.

ADDITIONAL NOTES

Editor and reviewer of the Precision Nutrition Level 1 Certification.

Featured in over 1000 YouTube videos, articles, and podcasts.

Western University has accepted my PhD application.

Have letters of attestation from Dr. John Berardi and Dr. Andy Galpin.

Received multiple shoutouts on The Joe Rogan Experience Podcast.

Nutrition advisor at a NASA multiplanetary travel symposium.

Partner of Genova Diagnostics Laboratories.

Speaker Name: Dr. Richard Harris MD

Course Title: Versus: Supplements & Lifestyle Vs Medications

Course Description: Join us for an engaging presentation that delves into the comparisons between prescription medication, lifestyle changes, and supplements in managing various health conditions. We will explore the latest research and clinical trials that have examined the effectiveness of these approaches, providing insights into their respective impacts on health outcomes. This talk aims to empower attendees with evidence-based knowledge to make informed decisions regarding treatment options and to optimize patient care. Whether you're a healthcare professional or an individual seeking to enhance your understanding of healthcare interventions, this presentation promises to be enlightening and thought-provoking.

Course Objectives:

Identify the big 5 of lifestyle medicine.

Be able to identify high-quality supplements.

Learn evidence-based approaches in supplements and lifestyle.

Be able to discuss how those approaches compare to prescription medications

Course Outline:

Minutes 0-15

-Benefits of exercise on health

-Comparison of exercise to medications for depression

Minutes 15-30

-Benefits of fasting

-Comparison of fasting to medications for blood glucose

Minutes 30-45

-Benefits of meditation

-Comparison of meditation and Lexapro for anxiety

Minutes 45-60

-Brief overview of osteoarthritis statistics

-Brief review of what to look for in a supplement Comparison of turmeric to NSAIDS for knee osteo

Hello, my name is

RICHARD HARRIS

MD, PHARM D, MBA

CLINICAL EXPERIENCE

Kelsey - Seybold Clinic/Village MD - Houston, Texas

Internal Medicine Physician

July 2016 - May 2018 June 2021 - Present

September 2021 - Present

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

TeamHealth/Memorial Hermann Medical Group - Houston, Texas

PT Hospitalist

June 2018 - Feb 2021

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

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

Inpatient Pharmacist

July 2008 - August 2009, June 2010 - August 2011

- Dispensing medications prescribed by providers

ENTREPRENEURIAL EXPERIENCE

Harris Medical Consultants, LLC

Founder

March 2021 - Current

- Services include content creation, business development, MSL, professional speaking, and clinical advising
- Current clients include Routine, Script Health, CBD Health Collection, Gaia Herbs, PGX Ally, Live Chair Health, & Green Blue Marketplace

40 Acres Fund, LLC

Co-Founder

March 2021 - Current

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

Nimbus Healthcare Corporation

CMO

March 2021 - Current

- Personalized medicine applying genetics and biomarkers to hair restoration, hormone replacement, and weight management

Great Health and Wellness, PLLC

Founder

March 2018 - Current

- Collaborative practice management for nurse practitioners and pharmacists

ABOUT ME

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

MY CONTACT

Cell:

(512) 913-1401

Email:

drharris@nimbushealthcare.com

Social Media:

@drharrismd

Address:

3139 W Holcombe Blvd PMB 8051
Houston, Texas 77025

Hello, my name is

RICHARD HARRIS

MD, PHARM D, MBA

EDUCATION

The University of Houston - Houston, Texas

Masters of Business Administration, Global Leadership

July 2018 - May 2020

The University of Texas Medical Branch - Galveston, Texas

Internal Medicine Residency

June 2013 - June 2016

McGovern School of Medicine - Houston, Texas

Doctor of Medicine

August 2008 - May 2013

The University of Texas at Austin - Austin, Texas

Doctor of Pharmacy

August 2001 - May 2008

LEADERSHIP

Parker University Board of Trustees

Member Academic Committee

Nov 2021 - Current

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

Life and Breath Foundation

Board of Directors & Clinical Advisory Board

July 2020 - Current

- Supporting patients and their families with sarcoidosis

West Houston Leadership Institute

Lifetime Member

Jan 2018 - Current

- Community leadership organization focused on civic engagement

Karma International, Houston Chapter

Membership Chair & Vice President

April 2017 - Feb 2020

- Private membership organization for social and professional networking

ABOUT ME

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

MY CONTACT

Cell:

(512) 913-1401

Email:

drharris@nimbushealthcare.com

Social Media:

@drharrismd

Address:

3139 W Holcombe Blvd PMB 8051
Houston, Texas 77025

Speaker Name: Heidi Haavik

Course Title: Chiropractic Care and the Default Mode Network

Course Description: Dr. Heidi Haavik, a chiropractor and Ph.D. trained neurophysiologist, is one of the most popular chiropractic speakers in the world today. She is the Vice President of Research at the New Zealand College of Chiropractic and is best known for her groundbreaking research on the impact of chiropractic adjustments of vertebral subluxations on the brain and central nervous system. What is becoming clear from scientific studies is that spinal dysfunction negatively impacts brain function. Dr. Haavik will explain the contemporary brain model of the vertebral subluxation (according to published research articles). She has a gift for explaining this complex neuroscience research in easy-to-understand language. She will explain the latest scientific understanding about how chiropractic high-velocity, low-amplitude (HVLA) adjustments can reverse maladaptive brain changes that occur over time when spinal dysfunction is present. The latest research is showing that a particular group of brain regions, together called the Default Mode Network change their conversations over four weeks, and these brain changes correlate with positive clinical outcomes such as reduced pain, improved mood (reduced anxiety and depression) and better quality of life! Dr. Haavik will explain how to implement this latest contemporary understanding of brain model into your practice. The complex neurophysiology will be presented in an easy to understand and clinically practical manner for students, CAs and DCs.

Learning Objectives:

LO1: Understand the triple brain network and its role in chronic pain and mental health disorders

LO2: Understand and explain the impact of chiropractic care on the Default Mode Network

Course Outline:

First 15 minutes

- The functional role of the spine
- How the brain controls normal healthy spinal function
- Basic science research study effects of spinal dysfunction on brain function (including the contemporary model of the vertebral subluxation)

Second 15 minutes

- Basic science research study effects of spinal adjustments on brain function (including the contemporary understanding of the neurophysiological effects of the chiropractic high-velocity, low-amplitude adjustment)
- What this evidence tells us about the known (and potential) mechanisms of chiropractic care

- The triple brain networks and their involvement in the development of chronic pain and mental health problems

Third 15 minutes

- The four-week UK randomized controlled trial methods
- The four-week UK randomized controlled trial results

Fourth 15 minutes

- How this latest basic science research can explain the clinical outcomes, and how to communicate this with your patients, the public and other health care providers
- Future directions

CURRICULUM VITAE

NAME: Heidi Haavik
PREVIOUS NAME: Heidi Haavik Taylor



CAREER STATEMENT:

I am a chiropractor (New Zealand College of Chiropractic graduate; 1999) who has also gained a PhD in human neurophysiology (University of Auckland graduate; 2008). I have provided research leadership for the New Zealand College of Chiropractic (NZCC) since 2006, first as their Director of Research and then as of late 2021 as Vice President Research and Dean of Research. At the College I am part of the leadership team where I take part in the strategic plan development and implementation. I am also responsible for the research direction, quality and quantity at both the Centre for Chiropractic Research as well as for all faculty at the College.

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

CURRENT POSITIONS:

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

Director of Haavik Research Limited since 2014.

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

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

PREVIOUS POSITIONS HELD:

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

EDUCATIONAL QUALIFICATIONS:

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

SIGNIFICANT DISTINCTIONS / AWARDS

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

Speaker Name: Cody Burkhart

Course Title: The Human as a Sensor: Elevating Care Through Human-Centric Insights

Course Description: This session explores the concept of "human as a sensor" as a framework for advancing health and performance. Attendees will learn how to apply human-centric tools, amplify innate sensing abilities, and address complex patient needs with ethical, adaptable strategies. This dynamic approach integrates insights from space exploration, elite performance, and clinical practice.

Course Objectives:

- Define the "human as a sensor" paradigm and its relevance to healthcare.
- Examine the PCHIE mindset for addressing complexity in clinical care.
- Understand how tools like wearables and biosensors enhance diagnostic and treatment outcomes.
- Explore ethical design principles for patient-centered innovation.
- Apply practical strategies like breathing exercises to improve patient outcomes and care

Course Outline:

0:00–15:00: Introduction: The Personal Lens Overview:

Introduce the concept of "human as a sensor" and its relevance across health, performance, and personal growth. Use personal stories and examples to establish credibility and connect with the audience.

Key Topics:

Background: Experience at the intersection of human performance and systems design.

Defining "human as a sensor" through examples from space exploration, elite performance, and everyday life.

Relevance to practitioners: The human body is a powerful data processor for patient care and performance optimization.

Importance of aligning tools and systems with human complexity.

15:00–30:00: The PCHIE Mindset and Double-Diamond Framework

Overview:

Introduce the PCHIE mindset and Double-Diamond Framework as tools for addressing complexity and designing human-centric solutions.

Key Topics:

PCHIE mindset: Problem-Centric, Collective-Centric, Human-Centric, Interconnectivity-Centric, Execution-Centric principles and their application to clinical care.

Double-Diamond Framework: Alternating between divergence (exploring broad possibilities) and convergence (refining solutions).

Example applications: Addressing interconnected patient challenges by identifying root causes and refining treatment plans.

Supporting Detail:

Example of divergence: Understanding the complexity of a patient's symptoms beyond physical pain (e.g., stress, posture, emotional factors).

Example of convergence: Using insights to refine specific treatment plans (e.g., adjusting alignment based on observed gait patterns and reported stressors).

30:00–45:00: Tools That Enhance Human Sensing

Overview: Explore tools that amplify human sensing capacities while addressing the ethical implications of their design. Highlight practical examples and align them with practitioner use cases.

Key Topics:

Tools for sensing: Wearables, biosensors, and tools for capturing posture, movement, and stress indicators.

Ethical considerations: The “Dopamine Monster” as a cautionary tale of tools that exploit attention rather than enhance care.

Practical applications: How these tools can support practitioners in understanding and optimizing patient health.

Supporting Detail:

Case examples: Tools that combine subjective patient feedback with objective data to refine care protocols.

Emphasizing simplicity: Using tools to augment, not replace, human sensing capabilities in practice.

45:00–60:00: Practical Applications and The Breathwork Exercise

Overview: Conclude by demonstrating how intentional practices like breathwork exemplify human sensing in action. Tie this to the broader vision of integrating human sensing into systems and tools for care.

Key Topics:

Practical demonstration: Diaphragmatic and box breathing as tools for stress management and focus.
Reflecting on sensory awareness: The power of simple practices to deepen self-awareness and patient outcomes.

The call to action: Using the “human as a sensor” framework to rethink how we design care, tools, and systems.

Supporting Detail:

Example applications: Breathing exercises as diagnostic and therapeutic tools in clinical practice.

Vision for the future: Integrating human sensing into everyday environments to enhance care and resilience.

CODY WAYNE BURKHART

TX 77539 | USA

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LinkedIn: [linkedin.com/in/cody-burkhart](https://www.linkedin.com/in/cody-burkhart)

PROFESSIONAL SUMMARY

Aerospace engineer, human performance specialist, and innovation strategist with nearly two decades at NASA. A recognized leader in advancing human-centric technologies—integrating biomechanics, neuroscience, AR/VR, wearables, and data-driven insights—to optimize human potential in extreme environments. Founder of HumanWorks Lab and Co-Founder of Anthropy Partners, blending venture and nonprofit ecosystems to securely connect personal human data, interventions, healthcare systems, high-performance labs, and research facilities worldwide. Skilled at orchestrating cross-functional networks spanning government (NASA, DOD/USSOCOM/DIU/USAF/USSF, DHA), elite sports (Formula 1, NBPA), startups, academia, and health organizations. Dedicated to democratizing health data, developing personalized healthcare assets, and solving complex global challenges by fostering thriving innovation ecosystems.

AREAS OF EXPERTISE

- Aerospace & Mechanical Engineering | Mechanism & System Design
 - Advanced/Nuclear Propulsion & Cryogenic Fluid Management Collaboration
 - Program/Project Management (\$1–\$3M Budgets) & Strategic Opportunity Development
 - Human Performance, Exercise Science, Neuroscience, Biomechanics
 - AR/VR, Wearables, Biofeedback, AI/ML for Humantech Applications
 - Robust Cross-Sector Collaboration: NASA, DOD, USSOCOM, DIU, USAF/USSF, DHA, Formula 1, NBPA, ThinkSport, Healthcare, Startups, Academia
 - Innovation Strategy, SBIR/STTR, PCC, Partnership Intermediary Agreements
 - Talent Development & Mentorship (150+ Interns)
 - Personalized Healthcare Ecosystems, Youth Sports & Women’s Health Initiatives
-

EDUCATION

M.S., Neuroscience & Behavior (Summa Cum Laude)

University of Houston—Clear Lake, Houston, TX | Dec 2022

- Thesis: *The Tertiary Breath System: Inquiry into Achieving Autonomous Breath*
- President, Neuroscience Student Organization | GPA: 4.0/4.0

B.S., Aerospace Engineering Sciences & B.S., Mechanical Engineering

University of Colorado–Boulder, Boulder, CO | May 2009

- Certificate Minor in the Study & Practice of Leadership
 - Varsity Letter Recipient, Co-Ed Cheer
-

PROFESSIONAL EXPERIENCE

Anthropy Partners, LLC | Houston, TX

Co-Founder & Managing Director | Jan 2024 – Present

- Drives investment and ecosystem-building efforts to help humantech ventures traverse critical “valleys of death” in product development.
- Established **Anthropy Constructive**, a nonprofit, mycelium-style digital ecosystem interconnecting global human performance labs, healthcare entities, sports facilities, and research institutions.
- Focused on securely integrating personal human data and interventions to empower a truly personalized healthcare system—supporting diverse initiatives including youth sports, women’s health, and tailored medical innovations.

NASA - National Aeronautics and Space Administration | Johnson Space Center, Houston, TX | 19 Years

Catalyst Embed, Space Technology Mission Directorate (STMD) | Aug 2024 – Present

- Embedded in the “GO” domain (advanced/nuclear propulsion, cryo-fluid management) to align Catalyst tools (SBIR/STTR, ACO, PCC, FOP) with domain needs, enhance innovation pipelines, and accelerate technology readiness.

Strategic Opportunities Lead (Prizes, Challenges, and Crowdsourcing - PCC) | Oct 2023 – Present

- Collaborates with Principal Technologists and System Capability Leadership Teams to identify early-stage technology gaps.
- Designs and implements Centennial Challenges and crowdsourcing initiatives to spur next-gen aerospace solutions.

HumanWorks Lab, Chief | Aug 2016 – Present

- Founded and leads HumanWorks—a “SkunkWorks” for integrative human-tech solutions merging neuroscience, biomechanics, AR/VR, wearables, AI/ML, and biofeedback.
- Mentored 150+ interns (Pathways, MUREP, USRA, high school), cultivating a broad innovation community and talent pipeline.

ARED & KRAKN Project Manager | Oct 2014 – Jul 2024

- Managed the Advanced Resistive Exercise Device (ARED) aboard the ISS, overseeing sustaining engineering, anomaly resolution, and direct astronaut support.

Dr. Brett A Winchester, DC (cert MDT)

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

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

EXPERIENCE

2004 – PRESENT
OWNER & CHIROPRACTOR:
WINCHESTER SPINE & SPORT

2004 – PRESENT
FACULTY AND BOARD MEMBER:
MOTION PALPATION INSTITUTE

2008 – PRESENT
SENIOR INSTRUCTOR:
DYNAMIC NEUROMUSCULAR
STABILIZATION

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

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

2016 – 2018
TEAM CHIROPRACTOR:
ST. LOUIS CARDINALS

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

2005 – 2018
POST-GRADUATE FACULTY:
SOUTHERN CALIFORNIA
UNIVERSITY

EDUCATION

1999-2003
DOCTOR OF CHIROPRACTIC:
LOGAN COLLEGE OF
CHIROPRACTIC

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

2019-2020

MECHANICAL DIAGNOSIS AND
TREATMENT CERTIFICATION:
MCKENZIE INSTITUTE

PROFESSIONAL INVITATIONS & LECTURES

2024

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

2022

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

2021

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

Speaker Name: Brett Winchester

Course Title: THE LOST ART OF THE ADJUSTMENT (HONORING THE PAST, PROGRESSING FORWARD) Part II

Course Description: This three-hour module will consist of the history of pertinent details as it relates to the adjustment. Current research will be reviewed to bring attendees up to date on current research related to dynamic palpation and adjusting. The contemporary chiropractor will need to modulate their paradigm and model to thrive in the future. Concepts will be discussed on how this implementation can be applied. Respecting the original principles of the chiropractic profession will also be highlighted as we look to the future in how to integrate best practices moving forward. Joint Play, Adjustments, Joint Directional Preference, and Clinical Prediction Rules will be a resonating theme throughout this presentation.

Course Objectives:

- Understand and explain what has made chiropractic thrive over the last century.
- Understand and explain the basic joint neurophysiology and biomechanics of what occurs when we palpate and adjust our patients.
- Understand and define what a multi-modal approach looks like with research to support these ideas.
- Understand how to use dynamic joint assessment, directional preference, and clinical prediction rules to help guide treatment.

Course Outline:

HOUR 2

I. Dynamically Assessing the Joint System **15 minutes**

A. Joint Play

II. Dynamically Assessing the Joint System **15 minutes**

A. Understanding End-range

III. Dynamically Assessing the Joint System **15 minutes**

A. How to Assess for Directional Preference B. Research supporting Directional Preference

IIII. Dynamically Assessing the Joint System **15 minutes**

A. Understanding Clinical Prediction Rules

Speaker Name: Jenna Romanelli

Course Title: Fueling Athletes with Fad Diets: Foolish or Foolproof?

Course Description: This one-hour presentation will discuss popular fad diets and their effects on athletic performance. The plate method for performance nutrition will be used to demonstrate appropriate nutrition strategies to support performance and the steps to sustainable nutrition success will be outlined.

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

Learning Objectives:

- Assess and critique popular fad diets based on current evidence.
- Indicate why a fad diet may or may not be appropriate for the athletic population.
- Explain the plate method for performance nutrition.
- Demonstrate appropriate nutrition strategies to support performance. • Outline the steps to develop sustainable nutrition success.

Course Outline:

I. Fad Diets: Background, Basic Information, Research - 15 minutes

A. Ketogenic Diet

B. Intermittent Fasting

C. Whole 30/Paleo

II. The Plate Method - 15 minutes

A. Considerations for Athlete Nutrition

B. How to Build a Performance Plate

C. Examples Using the Plate Method

III. Sports Nutrition Success - 15 minutes

- A. Step 1: Build a Relationship
- B. Step 2: Assess the Athlete
- C. Step 3: Determine Needs
- D. Step 4: Nutrition Intervention
- E. Step 5: Sustain Success

IV. Conclusion - 15 minutes

- A. Potential Risks
- B. Recommended Approach
- C. Q & A

JENNA ROMANELLI, MS, MEd, RD, LD/N, CSCS

Phone: 954-275-1373
jennaromanelli@parker.edu

4421 NE 24 Terrace
Lighthouse Point, FL 33064

EDUCATION

Doctor of Philosophy, Health and Human Performance Concordia University Chicago, Chicago, IL	Expected Dec 2026
Master of Science, Dietetics and Nutrition Florida International University, Miami, FL	Dec 2019
Master of Education, Health and Physical Education Valdosta State University, Valdosta, GA	May 2013
Bachelor of Science, Exercise Science Florida State University, Tallahassee, FL	Aug 2011

CONTRIBUTIONS TO RESEARCH EXPERIENCE

Multidisciplinary Blenderized Tube Feeding: Nutritional/Clinical Outcomes in Children Broward Health Medical Center (PI: Deborah Duro, MD, MS)	Nov 2020
<ul style="list-style-type: none">• Role: Author• Abstract accepted by ASPEN – November 2020• Conducted literature review and developed methods for research study• Collected data and utilized nutrition software to input and analyze results	
Blenderized Tube Feeding: Instructional Video Broward Health Medical Center	Dec 2020
<ul style="list-style-type: none">• Developed and scripted educational material for instructional video• Narrator of dialogue recorded by production team for online access	

TEACHING AND ACADEMIC EXPERIENCE

Parker University, Dallas, Texas Program Director, Strength and Human Performance	May 2021 - Present
<ul style="list-style-type: none">• Management of undergraduate and graduate degree programs in Strength and Human Performance• Develop curriculums and teach courses for Nutritional Science and Strength and Human Performance programs	

- Provide leadership skills in the development, management, and assessment of all aspects of academic programming, curriculum development, textbook review, and management and supervision of faculty
- Developed the Strength and Conditioning Internship program and prepared the curriculum for the programmatic accreditation for the BS and MS degrees in Health and Human Performance with a concentration in Strength and Conditioning.
- Internship Program Director for the BS and MS in Strength and Human Performance with a concentration in Strength and Conditioning. Manage internship sites and placement of students for a 300-hour strength and conditioning internship. Prepare students for the Certified Strength and Conditioning Specialist certification in concordance with the National Strength and Conditioning Association guidelines.

PROFESSIONAL EXPERIENCE

Parker Performance Institute, Frisco, TX Jan 2022-Jan 2024

Registered Dietitian

- Utilize an individualized approach through client-centered counseling, medical nutrition therapy, and nutrition education to achieve optimal nutrition and improve quality of life
- Collaborate as part of a multi-disciplinary team to stimulate and regenerate brain and nervous system function through improving communication of the gut-brain axis

Nelli Nutrition, LLC, Lighthouse Point, FL Jan 2021-Present

Owner, Private Practice

- Provide medical nutrition therapy to individuals diagnosed with medical conditions
- Individualize nutrition interventions to improve athletic performance
- Offer weight loss or weight management counseling and education
- Certified LEAP therapist – food intolerance testing, analysis, and nutrition program

Sports Academy, Frisco TX Jan 2022-Mar 2022

Sports Dietitian

- Provided nutrition services for athletic performance in preparation for the NFL
- Individualized nutrition interventions based on assessment data, analysis of sport and position-specific needs and overall goals during the combine prep program
- Collaborated as part of the interdisciplinary performance team to communicate daily progress and ensure each athlete was receiving proper care
- Developed and ordered each athlete's meals for the entirety of the program

Broward Health Medical Center, Fort Lauderdale, FL Mar 2020-Mar 2022

Registered Dietitian

- Performed routine screening, assessments and interventions for variety of patients
- Actively involved with Pediatric Blenderized Tube Feeding Outpatient Clinic
- Analyzed and input nutritional data for Blenderized Tube Feeding research study
- Provided nutrition education to doctors, families, patients and caretakers

Speaker Name: Andy Galpin and Dan Garner

Course Title: Practical Application of Speed, Power, and Strength – Part II

Course Description: Bridge the gap between theory and practice in the "Practical Application of Speed, Power, and Strength" seminar. This hands-on session focuses on applying key principles of intensity and volume to real-world training scenarios. Learn how to execute and refine explosive movements, plyometrics, and heavy lifts with precision. Gain practical insights into designing effective workouts that target speed, power, and strength, tailored to individual goals.

Course Objectives:

- Understand how to apply the principles of intensity and volume to real-world training scenarios.
- Demonstrate proper execution of explosive movements and plyometric drills to develop speed and power.
- Refine technique for heavy strength-focused exercises, such as squats and deadlifts.
- Identify key adjustments to optimize performance and reduce the risk of injury during training.
- Gain practical experience implementing speed, power, and strength exercises with real-time feedback. –

Develop the ability to create balanced training programs that integrate speed, power, and strength development.

- Apply evidence-based strategies to tailor exercises and programs to individual performance goals.
- Leave with actionable insights for immediate use in enhancing athletic performance.

Course Outline:

- a. Introduction & Key Concepts (15 Minutes)
- b. Speed and Power Drills (15 Minutes)
- c. Strength Training Applications
- d. Integration & Wrap-Up (15 Minutes)

Andrew J. Galpin

Phone: 657-278-2112

Email: agalpin@fullerton.edu

PROFESSIONAL EXPERIENCE

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

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

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

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

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

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

Consultant: 2011-present

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

EDUCATION

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

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

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

TEACHING

Academic Lecture Courses:

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

Independent Study/Internship:

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

Mentorship:



PROFILE

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

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

CONTACT

PHONE:
519-777-8517

Social:
Instagram: @dangarnernutrition

EMAIL:
dangarner88@gmail.com

HOBBIES

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

DAN GARNER

Lab Analyst + Performance Coach

EDUCATION

Mohawk College: Health, Wellness, and Fitness Diploma

Graduated with Honors in 2011.

Tutored the Year 2 students while I was in Year 1.

Earned three health certifications on top of the curriculum.

Continuing Education

Earned 22 certifications in training, physiology, medicine, and nutrition.

Personally mentored by doctors, researchers, and elite coaches.

Creator of currently recognized health education programs.

WORK EXPERIENCE

Team Garner Inc.

Title: President

Lab Analyst and coach for professional athletes, CEOs, and celebrities.

International lecturer, course creator, and Fullerton University advisor. .

Garner Innovations Inc.

Title: President

Scientifically published author.

Contributor to prestigious research reviews.

Developer of lab interpretation software for health and performance.

Joint Ventures

Title: Equity Holder and Co-Founder

Vitality Blueprint: Founder and Chief Innovations Officer

RAPID Health Optimization: Lab Analyst and Program Designer.

XPT Life: Advisor and Nutrition Expert.

BioMolecular Athlete: Innovative Research & Development.

ADDITIONAL NOTES

Editor and reviewer of the Precision Nutrition Level 1 Certification.

Featured in over 1000 YouTube videos, articles, and podcasts.

Western University has accepted my PhD application.

Have letters of attestation from Dr. John Berardi and Dr. Andy Galpin.

Received multiple shoutouts on The Joe Rogan Experience Podcast.

Nutrition advisor at a NASA multiplanetary travel symposium.

Partner of Genova Diagnostics Laboratories.

Speaker Name: Kyl Smith

Course Title: Improve Sleep Quality to Decrease Musculoskeletal Pain

Course Description: This one-hour session will explore the current science regarding the importance and influence of sleep quality on chronic inflammation and pain. Factors that negatively affect sleep quality in otherwise healthy adults are identified. How those factors contribute to pain are discussed. Methods of improving sleep quality are defined providing practitioners with new ways to improve patient outcomes.

Course Objectives:

- Understand and explain the factors that can disrupt sleep quality.
- Understand and explain how these factors contribute to chronic pain.
- Understand and explain methods of assessing and measuring sleep quality.
- Understand and explain methods that improve deep restorative sleep.

Course Outline:

I. Introduction: The Influence of Sleep on Chronic Pain 15 minutes

- A. Definition and consequences of poor sleep quality
- B. Poor sleep quality is common in otherwise healthy adults
- C. Deep sleep and REM sleep deficits contribute to pain

II. Sleep and Metabolic Health 15 minutes

- A. Consequences of poor sleep on metabolic health
- B. Common methods of assessing metabolic health
- C. The connection between stress and disordered sleep

III. Lifestyle Factors That Improve Sleep Quality 15 minutes

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

IV. Nutritional Factors that Influence Sleep Quality 15 minutes

- A. The role of insulin sensitivity in deep and REM sleep
- B. Diet, stress and cortisol influence circadian rhythm
- C. Mineral and electrolyte balance influence deep sleep



CV for Dr. Kyl Smith

CONTACT INFORMATION:

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

EDUCATION:

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

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

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

NATIONAL CERTIFICATION / STATE LICENSE:

National Board of Chiropractic Examiners
Certification Received: August 1993

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

AWARDS & RECOGNITION:

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

ACCOMPLISHMENTS / PROFESSIONAL HIGHLIGHTS:

Author of Four Books:

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

Published in PubMed Peer-Reviewed Research:

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

Speaker Name: Ben Greenfield

Course Title: Upgrade Your Brain, Optimize Your Body, and Defy Aging: 6 Key Principles

Course Description: Are you ready to unlock the secrets to boundless energy, sharper focus, and ageless vitality? In this transformative course, Ben will guide you through the 6 key principles that have helped him and countless others take control of their health, boost performance, and defy the constraints of aging. Drawing from cutting-edge science, ancestral wisdom, and practical bio hacks, this course is your roadmap to optimizing your brain, body, and life. You'll learn how to harness the power of simple yet profound daily practices to:

- Sharpen Your Mind: Elevate mental clarity and memory with actionable techniques rooted in neuroscience.
- Optimize Your Body: Discover how to fuel, train, and recover to reach peak physical performance.
- Defy Aging: Slow—and even reverse—the effects of aging with proven strategies for cellular renewal and longevity. Whether you're an executive, athlete, biohacker, or anyone seeking to become the best version of yourself, this course will equip you with the tools to transform your health, maximize your potential, and live with boundless energy. This isn't just a course—it's a lifestyle upgrade. Join Ben as he dives deep into the art and science of living a limitless life.

Course Objectives:

- Discover key principles to support longevity and health, from both ancient wisdom and modern science.
- Learn how to move and eat properly for anti-aging and cellular health.
- Understand how invisible variables in the environment affect health, and what to do about it.
- Address all-too-common neglected variables for health, including sleep, detoxification, emotions, and relationships.

Course Outline:

Ben's background and bio. **(15 minutes)**

1. The concept of key principles for the health
- 2: How to move optimally for full-body fitness (10 minutes)
 - A. What are the 7 keys to movement?
 - B. Where does mobility fit in?

C. What is a “must do” common movement pattern that clients/patients need to focus on every day? Section

2: Fueling the human machine (15 minutes)

- a. What are the key variables of a healthy eating pattern, no matter the diet?
- b. Is there one perfect diet?
- c. What are strategies to control glycemic variability Section

3: Environmental variables to optimize (15 minutes)

- a. Describe the importance of air and how home air and body air can be addressed.
- b. Describe the importance of water and how home water and body water can be addressed.
- c. Describe the importance of light and how home light and body light can be addressed.
- d. Describe the importance of electricity and how home electricity and body electricity can be addressed. Section

4: Detox & Sleep (15 minutes)

- a. What is an ideal schedule for detoxification and fasting?
- b. What are the 4 elements of sleep hygiene?
- c. What are the 4 timekeepers?
- d. Where does thermal stress fit in and what is its importance?
- e. What seems to “trump” a healthy lifestyle?
- f. What are the top 5 BIG priorities and in what order?

Ben Greenfield

Health and Human Performance Expert, World Renowned Biohacker, America's Top Personal Trainer

Phone: (208) 883-7705 | LinkedIn: <https://www.linkedin.com/in/bengreenfield/>

SUMMARY

Ben Greenfield is an internationally recognized expert in health, fitness, and human performance, with a mission to help individuals achieve boundless potential—freedom from the constraints of time, energy, and knowledge. A New York Times bestselling author, Ben's influential work impacts millions of people monthly through his podcasts, books, speaking engagements, and coaching. His acclaimed books, including *Boundless* and *Beyond Training*, are essential resources for those seeking to optimize energy levels and live vibrant, high-performing lives.

Ben holds a master's degree in exercise physiology and biomechanics and multiple certifications in personal training, strength and conditioning, and sports nutrition. His expertise is backed by two decades of experience, including completing 13 Ironman triathlons and working with a diverse clientele of top celebrities, professional athletes, executives, entrepreneurs, and military personnel. He specializes in designing science-based strategies to combat chronic illness, burnout, enhance motivation, and unlock limitless energy and vitality.

His contributions have been featured in Men's Health, Fox News, CBS, The New York Times, and Outside Magazine, where he is recognized for making complex scientific concepts accessible and actionable. As co-founder of Kion, Ben has spearheaded innovations in health and wellness products, empowering people with high-quality supplements and tools to elevate their performance and well-being.

A visionary in human potential, Ben Greenfield embodies the boundless lifestyle he teaches, offering guidance that inspires individuals to shatter limits and achieve extraordinary clarity, energy, and purpose. Whether through his writings, coaching, or leadership, Ben is a trusted mentor in the pursuit of health, vitality, and peak performance.

Ben is now co-founding Life Network to contribute to the make America healthy again movement. This network helps members cut through the noise of misinformation propagated by big pharma and big food that has led to the epidemic of chronic diseases that are a threat to America's future. Life Network members will experience measurable transformation, with tools, insights, and community support teaching them how to measure, understand, and take control of their health.

SKILLS

- Sports Nutrition
- Exercise Physiology
- Biomechanics
- Human Performance
- Personal Training
- Fitness Training
- Strength Training
- Nutritional Counseling
- Operant Conditioning
- Functional Training

EXPERIENCE

Jan 2022 - Present

[Ben Greenfield Life](#) | [Life Network](#)

CEO

Co-Founder

- Manages a team of exceptional employees and contractors who are dedicated to spreading the mission of Ben Greenfield Life and Life Network.
- To serve those who desire to live life fully and authentically with purpose, joy, love and adventure in God's creation.
- Speaker on topics such as longevity, anti-aging, biohacking, fitness, nutrition, cognition, positive psychology, motivation and spirituality,
- Coaches individuals in performance, fat loss, digestion, brain, sleep, hormone, anti-aging, parenting, relationships, spiritual fitness, smart drugs, nootropics, and overall wellness for achieving an optimized life.

Mar 2017 – Present

[Kion, LLC](#)

Co-Founder

- Manages a team of outstanding staff members who are committed to helping and inspiring health and fitness minded individuals.
- Conducts media planning with a group of 20 team players both in the US and Canada.
- Motivational speaker at conventions and trade shows, focusing on health and wellness topics.

Jul 2014 – Mar 2017

Greenfield Fitness Systems

Owner-Operator

- Product formulation and development.

Speaker Name: Brett Winchester

Course Title: THE LOST ART OF THE ADJUSTMENT (HONORING THE PAST, PROGRESSING FORWARD) Part III

Course Description: This three-hour module will consist of the history of pertinent details as it relates to the adjustment. Current research will be reviewed to bring attendees up to date on current research related to dynamic palpation and adjusting. The contemporary chiropractor will need to modulate their paradigm and model to thrive in the future. Concepts will be discussed on how this implementation can be applied. Respecting the original principles of the chiropractic profession will also be highlighted as we look to the future in how to integrate best practices moving forward. Joint Play, Adjustments, Joint Directional Preference, and Clinical Prediction Rules will be a resonating theme throughout this presentation.

Course Objectives:

- Understand and explain what has made chiropractic thrive over the last century.
- Understand and explain the basic joint neurophysiology and biomechanics of what occurs when we palpate and adjust our patients.
- Understand and define what a multi-modal approach looks like with research to support these ideas.
- Understand how to use dynamic joint assessment, directional preference, and clinical prediction rules to help guide treatment.

Course Outline:

Hour 3

I. CHIROPRACTIC ADJUSTMENTS **15 minutes**

A. Biomechanical and Neurophysiologic Changes

II. CHIROPRACTIC ADJUSTMENTS **15 minutes**

A. Pain Modulation and Biochemical Changes

III. MULTI-MODAL APPROACH **15 minutes**

A. Integration of Other Modalities with the Adjustment

B. Supporting Research

IIII. THE FUTURE **15 minutes**

A. The Next 100 Years in Chiropractic

Dr. Brett A Winchester, DC (cert MDT)

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

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

EXPERIENCE

2004 – PRESENT
OWNER & CHIROPRACTOR:
WINCHESTER SPINE & SPORT

2004 – PRESENT
FACULTY AND BOARD MEMBER:
MOTION PALPATION INSTITUTE

2008 – PRESENT
SENIOR INSTRUCTOR:
DYNAMIC NEUROMUSCULAR
STABILIZATION

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

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

2016 – 2018
TEAM CHIROPRACTOR:
ST. LOUIS CARDINALS

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

2005 – 2018
POST-GRADUATE FACULTY:
SOUTHERN CALIFORNIA
UNIVERSITY

EDUCATION

1999-2003
DOCTOR OF CHIROPRACTIC:
LOGAN COLLEGE OF
CHIROPRACTIC

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

2019-2020

MECHANICAL DIAGNOSIS AND
TREATMENT CERTIFICATION:
MCKENZIE INSTITUTE

PROFESSIONAL INVITATIONS & LECTURES

2024

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

2022

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

2021

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

Speaker Name: Josh Satterlee

Course Title: Assessing and Bulletproofing High-Performance Shoulders

Course Description: Chiropractors who can effectively treat shoulders will be famous in their community. Many people are struggling with shoulder injuries, yet many medical providers do not take a systematic approach to fixing the underlying issue, and instead address just the symptoms. Chiropractors have a unique skill set and a unique ability to be heroes in this situation by addressing the symptoms along with underlying pathology. Since many chiropractors are also involved in high-performance treatment and rehab, a skilled chiropractor can play an outstanding role in assessing and treating the most common shoulder conditions. No other profession has the knowledge, skills, and abilities that modern chiropractors do to address these issues. This course will lead to a deeper understanding of the structures of the shoulder, how to measure them, and how to judge their function and patency as the first step in becoming the leader in your community for shoulder conditions.

Course Objectives:

- Educate Chiropractors on when and where fitness is an appropriate intervention
- Demonstrate a holistic approach to the assessment of the shoulder complex, glenohumeral joint, scapulothoracic joint, ribcage, thoracoabdominal pillar, and cervicothoracic junction.
- Maximize the impact a skilled chiropractor has on their patients who are struggling with acute and chronic shoulder issues.
- Demonstrate useful assessment measurements and tools within the chiropractic office for shoulder joint diagnosis.

Course Outline:

0-:15: The most common shoulder injuries and their prevalence.

:15-:30 Review peer-reviewed research around common shoulder injuries and conditions Prevalence of Acute Conditions

Prevalence of Chronic Shoulder Conditions

Meta-Analysis of Conditions and Available Treatments

:30-:45 Identify the “Big 6” Aspects of the functional shoulder

GH joint motions and measurements

Scapulothoracic joint motion and measurements

Necessary Ribcage and Thorax motions Abdominal Thoracic Pillar actions and set-up

CT junction assessment and restoration strategies

Muscular Slings

:45-:60 Assessment Strategies for the Big 6 Aspects of the Functional Shoulder

Lumbar Locked T/S Rotation/Extension

Scapular Motion

Internal and External Rotation

Flexion/Extension Anterior and Posterior Slings Q and A and Wrap-Up

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

Speaker Name: Andy Galpin and Dan Garner

Course Title: Program Design of Hypertrophy Training– Part III

Course Description: Elevate your programming skills with the "Program Design for Hypertrophy Training" seminar. This session dives deep into crafting effective muscle-building routines tailored to individual needs and goals. Learn how to structure a week of hypertrophy training for optimal results, incorporating non-traditional repetition schemes to challenge the muscles in new ways. Gain practical insights into balancing volume, intensity, and recovery while exploring creative approaches to program design.

Course Objectives:

- Understand the foundational principles of hypertrophy training, including volume, intensity, and progression.
- Learn how to design a balanced week of hypertrophy training tailored to specific goals and fitness levels.
- Explore effective training splits and recovery strategies for optimal muscle growth.
- Identify and apply non-traditional repetition schemes, such as drop sets, rest-pause, and cluster sets, to enhance hypertrophy.
- Gain practical insights into structuring workouts that challenge muscles in innovative ways.
- Develop the ability to create cohesive training programs that integrate weekly designs and advanced rep schemes.
- Leave with actionable strategies to maximize muscle-building potential in real-world scenarios.

Course Outline:

- a. Introduction to Hypertrophy Program Design (15 Minutes)
- b. Designing a Week of Hypertrophy Training (15 Minutes)
- c. Non-Traditional Repetition Schemes (15 Minutes)
- d. Application & Wrap-Up (15 Minutes)

Andrew J. Galpin

Phone: 657-278-2112

Email: agalpin@fullerton.edu

PROFESSIONAL EXPERIENCE

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

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

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

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

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

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

Consultant: 2011-present

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

EDUCATION

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

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

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

TEACHING

Academic Lecture Courses:

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

Independent Study/Internship:

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

Mentorship:



PROFILE

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

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

CONTACT

PHONE:
519-777-8517

Social:
Instagram: @dangarnernutrition

EMAIL:
dangarner88@gmail.com

HOBBIES

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

DAN GARNER

Lab Analyst + Performance Coach

EDUCATION

Mohawk College: Health, Wellness, and Fitness Diploma

Graduated with Honors in 2011.

Tutored the Year 2 students while I was in Year 1.

Earned three health certifications on top of the curriculum.

Continuing Education

Earned 22 certifications in training, physiology, medicine, and nutrition.

Personally mentored by doctors, researchers, and elite coaches.

Creator of currently recognized health education programs.

WORK EXPERIENCE

Team Garner Inc.

Title: President

Lab Analyst and coach for professional athletes, CEOs, and celebrities.

International lecturer, course creator, and Fullerton University advisor. .

Garner Innovations Inc.

Title: President

Scientifically published author.

Contributor to prestigious research reviews.

Developer of lab interpretation software for health and performance.

Joint Ventures

Title: Equity Holder and Co-Founder

Vitality Blueprint: Founder and Chief Innovations Officer

RAPID Health Optimization: Lab Analyst and Program Designer.

XPT Life: Advisor and Nutrition Expert.

BioMolecular Athlete: Innovative Research & Development.

ADDITIONAL NOTES

Editor and reviewer of the Precision Nutrition Level 1 Certification.

Featured in over 1000 YouTube videos, articles, and podcasts.

Western University has accepted my PhD application.

Have letters of attestation from Dr. John Berardi and Dr. Andy Galpin.

Received multiple shoutouts on The Joe Rogan Experience Podcast.

Nutrition advisor at a NASA multiplanetary travel symposium.

Partner of Genova Diagnostics Laboratories.

Speaker Name: Gabriell Lyon

Course Title: Forever Strong the Keys to Health and Longevity

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

Course Objectives:

- Analyze the current state of health and understand the paradigm shift from obesity-focused approaches to Muscle-Centric Medicine.
- Describe the role of muscle as the largest organ system in the body and its significance in overall health.
- Explore strategies for achieving nutritional excellence in muscle health, with a focus on the role of dietary protein.
- Examine the impact of exercise on skeletal muscle health and its implications for long-term wellness.

Course Outline:

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

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

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

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

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

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

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

Dr. Gabrielle Lyon

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

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

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

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

EDUCATION

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

LICENSES / CERTIFICATION

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

PROFESSIONAL EXPERIENCE

CEO, Young Medical PC, Private Practice,	2019- Present
<i>The Institute for Muscle-Centric Medicine is a think tank that creates innovative protocols in the area of human potential. It serves the highly motivated with the goal of combining evidence-based nutritional science interfacing with preventative medicine.</i>	
Medical Advisor, Women’s Health Magazine	2022-Present
Medical Advisor, Hunter Seven Foundation	2019-Present
<i>HunterSeven Foundation provides information to veterans at a heightened risk, empowering them to work with medical providers to identify diseases in the earliest stages, before the onset of signs and symptoms. I assist with establishing protocols for early detection, education, and treatment for cancer and toxic exposures. I participate in an advisory and researcher role for this non-profit organization.</i>	
Co-Director and Director of Medical Nutritional Therapy, Ash Center for Comprehensive Medicine	2016 - 2019

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

- Medical Director Integrative Healing** 2018 - 2019
Oversee the medical practice, including medical care and proper management of patients.
- Private Physician Consultant, Special Operations Functional Medicine** 2015 - Current
*Personalized genomic testing for optimal performance and post-deployment repair. Nutritional therapies, disease predictive biomarkers. Operator-specific nutritional and supplemental programs to support workload. Chemical exposure detoxification. Working as a private-sector physician for **Task Force Dagger**.*
- Weight Management Program Physician, Washington University in St. Louis** 2013- 2015
Medical treatment and monitoring of obese and those with metabolic derangement. Examined and treated patients with a BMI of greater than 30 and or 25 with medical complications. Nutritional and medical interventions were utilized.
- Research Physician, Washington University in St. Louis** 2013 - 2015
Regular medical monitoring and supportive care of various study participants. Cardiovascular testing, muscle and fat biopsy, cognitive testing, and brain imaging. Memory, cognition, and nutritional neuroscience assessments and treatment.
- Physician Consultant, Medical Nutrition Consulting, Advanced Family Medicine Clinic** 2010 - 2013
Examined and treated patients for diseases including obesity, DM, HTN, and hyperlipidemia utilizing an integrative approach including medical management, diet, physical activity, nutraceuticals, and behavior modification. Educated patients on new trends in nutrition, cognitive behavioral therapy, and meal planning.
- Resident Physician Representative, NSLIJ Ethics Committee** 2010 – 2013
Resident representative
- Physician, Sports Medicine Coverage,** 2011- 2013
High School Varsity/ JV sideline football coverage. Examined and treated high-school athletes for sports-related injuries at Farmingdale High School, Plainview High School, and Bethpage High School.
- Private Physician Consultant, Nutrition Consulting** 2008 - 2010
Weekly nutrition consulting utilization motivation, mindset, and behavior change. Target was group athletes and weight loss.
- Student Researcher, University of Illinois- Urbana-Champaign,** 1996 - 2001
High protein low carbohydrate diet human study – Laboratory of Dr. Donald Layman. Urinary biomarker collection, weight tracking, meal monitoring, and distribution.
- Student Researcher, University of Limerick, Ireland** 1997-1998
Data collection and administration of Vo2 max testing, glucose tolerance testing, and fitness testing on human subjects.

PUBLICATIONS AND PRESENTATIONS

- KetoCon, Denver, CO