

Selected Occupational History

Clinic Director and Chief Chiropractor, Desired Health Chiropractic, Anoka, MN, 2009 - Present

Biological Science Faculty, Centerpoint Massage Therapy School, St. Louis Park, MN, 2012 – 2015

Education and Licensure

Doctor of Chiropractic, Minnesota Chiropractic Board of Examiners, License No. 5197, 2009 - Present

National Registry of Certified Medical Examiners, The Federal Motor Carrier Safety Administration, Registry No. 4166975868, 2014 – Present

Doctorate of Chiropractic, Northwestern Health Sciences University, Bloomington, MN, 2008
National Board of Chiropractic Examiners, 2008

Internship, Northwestern Health Sciences University College Outpatient Facility, Bloomington, MN, 2006-2008

Bachelor's Degree, University of St. Thomas, St. Paul, MN, 2002

Selected Post-Graduate Education and Certification

Triaging the Trauma and Non-Trauma Patients, *Utilizing detailed history and examination findings to determine the best care path for the patient. Clinical factors in determining the timelines for advanced imaging in both the trauma and non-trauma patients.* Texas Chiropractic College, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2016

Neurodiagnostics, Imaging Protocols and Pathology of the Trauma Patient, *An in-depth understanding of the protocols in triaging and reporting the clinical findings of the trauma patient. Maintaining ethical relationships with the medical-legal community.* Texas Chiropractic College, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2016

Diagnostics, Risk Factors, Clinical Presentation and Triaging the Trauma Patient, *An extensive understanding of the injured with clinically coordinating the history, physical findings and when to integrate neurodiagnostics. An understanding on how to utilize emergency room records in creating an accurate diagnosis and the significance of "risk factors" in spinal injury.* Texas Chiropractic College, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2016

Selected Post-Graduate Education and Certification – continued

Crash Dynamics and Its Relationship to Causality, *An extensive understanding of the physics involved in the transference of energy from the bullet car to the target car. This includes G's of force, newtons, gravity, energy, skid marks, crumple zones, spring factors, event data recorder and the graphing of the movement of the vehicle before, during and after the crash. Determining the clinical correlation of forces and bodily injury.* Texas Chiropractic College, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2016

MRI, Bone Scan and X-Ray Protocols, Physiology and Indications for the Trauma Patient, *MRI interpretation, physiology, history and clinical indications, bone scan interpretation, physiology and clinical indications, x-ray clinical indications for the trauma patient.* Texas Chiropractic College, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2016

Neurodiagnostic Testing Protocols, Physiology and Indications for the Trauma Patient, *Electromyography (EMG), Nerve Conduction Velocity (NCV), Somato Sensory Evoked Potential (SSEP), Visual Evoked Potential (VEP), Brain Stem Auditory Evoked Potential (BAER) and Visual-Electronystagmosgraphy (V-ENG) interpretation, protocols and clinical indications for the trauma patient.* Texas Chiropractic College, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2016

Documentation and Reporting for the Trauma Victim, *Understanding the necessity for accurate documentation and diagnosis utilizing the ICD-9 and the CPT to accurately describe the injury through diagnosis. Understanding and utilizing state regulations on reimbursement issues pertaining to healthcare.* Texas Chiropractic College, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2016

Documenting Clinically Correlated Bodily Injury to Causality, *Understanding the necessity for accurate documentation, diagnosis and clinical correlation to the injury when reporting injuries in the medical-legal community. Documenting the kinesio-pathology, myopathology, neuropathology, and pathophysiology in both a functional and structural paradigm.* Texas Chiropractic College, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2016

Chiropractic Treatment of Auto Injuries, *Biomechanics Of Cervical Acceleration / Deceleration, Injury Diagnosis, Pathology and Physiology of Auto Related Injuries, Evaluation And Management Of Head Trauma and Spinal Injuries, Auto Injury Diagnostic Testing Procedures,* Sponsored by the Wise DC, 2016

Imaging Case Studies, *MRI interpretation of complex cases and neurological review,* Sponsored by Noran Neurology Clinic, 2016

Basic MRI Part 3, *Contraindications to MRI, how to read an MRI report, the MRI appearance of DDD, Ligamentum Flavum Hypertrophy, Disc Herniations, Annular Tears and Post-disc Surgical cases,* Sponsored by DC Hours, 2016

Selected Post-Graduate Education and Certification – continued

Athletic Tips Toward Injury Prevention in Sports, *The best practices for recognizing, managing and preventing musculoskeletal injuries. Preventing dehydration and heat-related conditions. Nutritional considerations for athletes of all ages. Concussion prevention and recognition in sports and treatment protocols.* ChiroCredit, University of Bridgeport Health Sciences PostGraduate Education Department, 2015

The Running Course, *Detailed study on the biomechanics and analysis of the runner. Clinical assessment and rehabilitation best practices.* HealthPath Education, Palmer College of Chiropractic, 2015

Thompson Technique Approach to the Pelvis and Lumbar Spine, *Details of the neurology and pathophysiology involved when a subluxation is present, and the clinical analysis of subluxation patterns.* HealthPath Education, Palmer College of Chiropractic, 2015

Thompson Technique Approach to Extremity Adjusting, *Details of the biomechanics and pathophysiology involved with upper and lower extremity subluxations.* HealthPath Education, Palmer College of Chiropractic, 2015

Graston Technique, *Treating movement dysfunctions through functional testing and analysis.* HealthPath Education, Palmer College of Chiropractic, 2014

The Kinesio Taping Method, *Upper and lower extremity Kinesio Taping concepts and clinical application.* HealthPath Education, Palmer College of Chiropractic, 2014

Department of Transportation (DOT) Physical Exams for the National Registry of Certified Medical Examiners. *Required training and testing concerning the Federal physical qualifications and standards for truck and bus drivers. Allows for the necessary knowledge and professional credentials to perform physical qualification examinations for commercial motor vehicle drivers in accordance with the Federal Motor Carrier Safety Regulations (49 CFR 391.41 – 391.49).* Northwestern Health Sciences University, 2013

Active Care Chiropractic Certification, *Overview of evidence-based theories for the mechanisms of therapeutic effectiveness of rehabilitation programs affecting spinal stability, function and pain. Exercise physiology and principles of clinical epidemiology review. Specific protocols for spinal stabilization (cervical to lumbopelvic).* Northwestern Health Sciences University, 2012

Pediatric Spinal Adjusting, *Motor, sensory, nervous system growth and development. Infant examination and adjusting protocols.* Palmer College of Chiropractic, 2014

A Kinetic Chain Approach to Pain, *Evidence based protocols for treating movement dysfunctions.* Palmer College of Chiropractic, 2014

Activator Methods Proficiency Rating, *Activator Methods protocol patterns for spinal and extremity adjusting.* Palmer College of Chiropractic, 2009

Selected Lecturing and Teaching

Foundation for Chiropractic Progress Athletic TIPS Community Workshops, *Education on concussion recognition and prevention, Nutrition in sports management, Recognizing, managing and preventing musculoskeletal injuries, and Preventing dehydration and heat-related conditions*, Various sports teams and schools, 2016 - Present

Teaching Faculty, *Anatomy and Physiology*, Centerpoint Massage School, St. Louis Park, MN 2012 - 2015

Teaching Faculty, *Pathology*, Centerpoint Massage School, St. Louis Park, MN 2012 - 2015

Selected Memberships and Community Service

Academy of Chiropractic, Member, 2016 – Present

Foundation for Chiropractic Progress, Member, 2015 - Present

National Registry of Certified Medical Examiners, 2014 – Present

Montessori Renaissance Academy, School Board Member, Anoka, MN, 2016 - Present

MetroNorth Chamber of Commerce, Gala Committee Member, Blaine, MN, 2016 - Present

Professional Women in Business, Member, Coon Rapids, MN, 2009 – Present

Anoka Women of Today, Women's Wellness Chairperson, Anoka, MN, 2011-2012

Anoka Women of Today, Member, Anoka, MN, 2011- Present