



## Curriculum Vitae



**Alan W. Palmer D.C., C.C.S.T.**

### Professional Experience

Palmer Center for Natural Healing, Scottsdale, AZ	1990 - Present
Triad Rehabilitation, Scottsdale, AZ	1990 - Present
Proflex Dynamic Performance Specialists, Scottsdale, AZ	1996 - Present
Founder of Palmer System of Total Body Correction™	1996 - Present
Automobile Accident and Injury Clinics, Scottsdale, AZ	1993 - 1997
Arizona Back Pain Relief Clinic, Scottsdale, AZ	1987 - 1990
Sunrise Chiropractic, Phoenix, AZ	1985 - 1987

### Education

<b>Northwestern College of Chiropractic-</b> Doctor of Chiropractic degree	1981 - 1985
<b>University of Minnesota-</b> Three years undergraduate study	1978 - 1981

### Boards, Licensures & Appointments

- \* Licensed in State of Arizona for Chiropractic, Acupuncture, and Physiotherapy.
- \* Licensed in Chiropractic Roentgenology.
- \* Certified in the treatment of Spinal Trauma and Whiplash; C.C.S.T.
- \* Certified in the treatment of Elite and Professional Athletes; C.E.P.A.
- \* Certified by American Red Cross to teach Back Injury Prevention Courses.
- \* Diplomat of National Board of Chiropractic Examiners.
- \* Member of Arizona Chiropractic Association.
- \* Member of the American Chiropractic Association.
- \* Member of the International Chiropractic Association.
- \* Associate Clinical Faculty Member of Northwestern College of Chiropractic.
- \* Extension Faculty Member of Palmer College of Chiropractic.
- \* Associate Faculty Member of Western States College of Chiropractic.

- \* Serves as a preceptor teaching doctor for several Chiropractic Colleges.
- \* Mentor Faculty Instructor at the Southwest College of Naturopathic Medicine, Tempe, Arizona.
- \* Guest Faculty Instructor at the Southwest College of Naturopathic Medicine.
- \* Lectured for the American Board of Musculoskeletal Ultrasound.
- \* Served on State Legislative Committee.
- \* Served on the Board of Directors of New Way School, a school for children with learning disabilities.
- \* Has served as Medical Director for a National Preferred Provider Organization affiliate.
- \* Wrote and Produced Wellness spots for local AM affiliate in conjunction with KXAM RADIO.

### Sports Care Affiliations

#### **Certified for treating Elite and Professional Athletes - C.E.P.A.**

**San Francisco Giants Baseball Team** – Chiropractic Consultant for Spring Training (1995-2003)

**Phoenix Coyotes Hockey Team** – Team Chiropractor

**Arizona Diamondbacks Baseball Team** – Team Chiropractor

**Phoenix Roadrunners Professional Hockey Club** – Team Chiropractor (2005-2007)

**Founder of C.E.P.A., a National Chiropractic Sports Association** - Dedicated to teaching chiropractic physicians how to build solid relationships with sports medicine providers in a team setting.

**Chiropractic Physician for numerous collegiate, professional and world class athletes**

### Post Graduate Training / Education

- \* Integration of Medical Scientific Literature on Trauma and Neurology into the Chiropractic Model of Care.
- \* Understanding the Pathophysiological Basis of Soft Tissue Injury and Repair.
- \* Specific Mechanisms of Injury Physics and the Various Types of Conditions Associated with Vehicular Trauma.
- \* Contemporary Imaging Technologies and Their Role in Documenting and Managing Injuries.
- \* General Principles of Clinical Trauma Management, Including Physiological Therapeutics, General Principles of Manual Therapy and Rehabilitation, and Wound Healing Diet.
- \* Differential Diagnosis of the Effects of Spinal Trauma and Soft Tissue Injury Utilizing Electro-diagnostic Studies.
- \* Specific Principles of Clinical Management of:
  - Disc Syndromes
  - Radiculopathies
  - Myofascial and Fibromyalgia Syndromes
  - Thoracic Outlet Syndromes
  - Postural Syndromes
  - Short Leg Syndromes
  - Reflex Sympathetic Dysfunction
  - Trauma Spinal Instability
  - Trauma Cranial Adjusting
  - TMJ Management
- \* Practical Guidelines in Terms of History collection, Examination and Record Keeping.
- \* Use of Scientific Literature when Presenting Trauma Pathophysiology in Narrative Reports and Other Med-Legal Aspects.
- \* Impairment Ratings Specific for Whiplash, Spinal Trauma and Soft Tissue Injuries.
- \* Diagnosis, Treatment and Rehabilitation Procedures in Practical Clinical Setting.
- \* Practical Clinical Case Management.
- \* Practical Academic Preparation for Expert Witness Testimony.
- \* New Clinical Breakthroughs in the management of:
  - Chronic Fatigue Syndrome
  - Intestinal Dysbiosis
  - Immune Dysfunction
  - Cellular Toxicity
  - Syndrome X and Disorders of Blood Sugar Dysregulation
  - Adrenal and Thyroid Disorders

- \* Advancements in Clinical Nutrition - New Protocols for Improving Health.
- \* New Perspectives in Nutritional Therapies - Improving Patient Outcomes.
- \* Nutritional Improvement of Health Outcomes - The Inflammatory Disorders.
- \* Nutrigenomic Modulation of Inflammatory Disorders: Arthralgias, Coronary Heart Disease, PMS and Menopause Associated Inflammation
- \* Applying Nutrigenomics in Clinical Practice to Reshape your Patient's Health
- \* Understanding the Origins & Applying Advanced Nutritional Strategies for Autoimmune Diseases

### Post-graduate work in areas of:

#### **Musculoskeletal Disorders:**

- \* Spinal Trauma
- \* Applied Kinesiology
- \* Sports injuries
- \* Orthopedics
- \* Rehabilitation
- \* Physiotherapy
- \* Neuromuscular disorders and Acupuncture

#### **Clinical Nutrition:**

- \* Detoxification and metabolic toxicity
- \* Food-related allergy disorders in children
- \* Chronic Illness & functional disorders
- \* Digestive Health and Intestinal disorders
- \* Immune Function
- \* Osteoporosis
- \* Managing inflammation, Pain & fatigue

### Publications

Author of: **Alternative 101 - Guide to Complementary Family Care-** (Pending Publication)

Making a Connection with Local Sports Teams *In Practice Magazine July/August 1997*

Chiropractic Care of Team Elite Athletes- *Success Express for the Chiropractic Professional Vol.19 No. 7*

Breaking into the World of Professional Sports- *International Chiropractic Association Review February 1998*

Treating Professional Athletes- *Dynamic Chiropractic August 23, 1999*

Barry Bonds, a True Chiropractic Champion- *Dynamic Chiropractic October 2001*

The Road to the World Series Championship- *Dynamic Chiropractic December 2001*

Keeping the Arizona Diamondbacks Game Ready- (A feature about Dr. Palmer's role with the World Champion Arizona Diamondbacks). *Today's Chiropractic May /June 2002*

### Major Presentations

**Guest Lecturer on Sports Nutrition for the Southwest College of Naturopathic Medicine-** 1996-2001

**Conference on Soft Tissue Injury-** American Board of Musculoskeletal Ultrasound- April 1996

**Breaking into Professional Sports-** *CEPA San Francisco, CA- 1997*

**How to Build a Strong Professional Relationship with Teams and Athletes-** *Life College; San Francisco, CA- 1997*

**How to Build a Strong Professional Relationship with Teams and Athletes-** CEPA; San Francisco and Atlanta- Five Module Certification Program- 1998

**Integrating Chiropractic into the Sports Medicine Model-** Far West National Athletic Trainers Association Conference; Reno, NV- April 1999

**The Integration of Chiropractic into Professional Sports-** CEPA; San Francisco, Philadelphia, New York City; Five Module Certification Program- 1999

**Chiropractic Sports Boot Camp-** Logan College and the American Chiropractic Association Sports Council- St. Louis, MO- September 2000

**Working with Professional Teams and Elite Athletes-** ProSport Chiropractic- Las Vegas, NV- December 2000

**Life Balance Workshops** Presented for the Leadership Network-

-Investment Leadership Conference- Troon North Golf Club; Scottsdale, AZ- February 2001

-Convenience Store Leadership Conference- The Biltmore, Phoenix, AZ- May 2001

-Sports Executive Leadership Conference- The Broadmoor; Boulder, CO- August 2001

-Restaurant Leadership Conference- San Diego, CA- October 2001

**Working with Professional Teams and Elite Athletes-** ProSport Chiropractic- Las Vegas, NV- December 2001

**Accelerating Injury Recovery and Sports Nutrition-** ProSport Chiropractic- Scottsdale, AZ- March 2002

**Sports Chiropractic Championship Boot Camp-** Northwestern Health Sciences University and the American Chiropractic Association Sports Council- Cincinnati, OH- June 2002

**How to Become the Sports & Injury Expert in your Area-** Parker Seminars- Las Vegas, NV- January 2004

**Sports Medicine and Chiropractic-** Parker Seminars- Las Vegas, NV- January 2005

**Risk Management of on the Field Injuries-** The International Chiropractic Association's, Council on Fitness and Sports Science- 13<sup>th</sup> Annual Symposium on Natural Fitness- Sponsored by Life Chiropractic College West- Columbus, OH- March 2005

**Multidisciplinary Approach to Team Medicine-** A Collaborative Seminar with the Sports Medicine Training Staff for the Arizona Diamondbacks- Scottsdale, AZ - November 17-18, 2007

**Assessing Cervical Spinal Joint Malfunction-** A Hands on Workshop for Major League Baseball's Cactus League Athletic Trainers- Presented at Athlete's Performance- Tempe AZ – March 15, 2009

**Cervical Spine Assessment and Treatment-** Baseball Sports Medicine Conference 2010- San Francisco, CA- January 09,2010

**Lumbar and Pelvis Assessment and Treatment-** Professional Baseball Athletic Trainer's Society Workshop for all Cactus League Athletic Trainers- Phoenix, AZ March 10, 2010

## Personal Accomplishments

### Bodybuilding

As a lifetime natural bodybuilder Dr. Palmer has actively competed in thirty-eight bodybuilding competitions for five years from 1979-1981 and again from 1995-1996. He has won first place thirty times and second five times.

His titles include state and regional championships in Minnesota, the Midwest, Arizona, the Southwest, Western United States as well as first place in the United States Natural USA Bodybuilding Championships, United States Team Championship Title in Athens Greece, an International title and his division at the Natural Mr. Universe. He uses his accomplishments as a platform to teach young people about the dangers of taking anabolic steroids and other performance enhancing drugs.

### What is Unique About Palmer Center for Natural Healing?

- Doctors on staff are certified in the care of elite athletes and spinal trauma.
- Doctors exceed the state requirement for post-graduate education each year.
- With great pride and honor we have served as the chiropractic consultant for four professional teams, numerous world class competitors, as well as industrial, domestic and weekend athletes.
- We use effective spinal corrective techniques which produce rapid, long lasting results which, in return, reduce health care costs.
- We offer convenient treatment hours. We pamper our patients with luxurious amenities tantalizing their senses. We serve their needs with passion, integrity, and an individualized approach.

## **Palmer Center For Natural Healing**

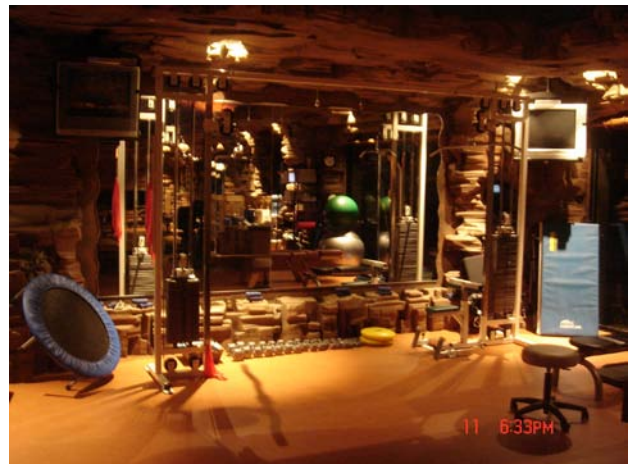
**Located in the Beautiful Vitality Center**

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**Views of the Canyon Room**