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SELECTED OCCUPATIONAL HISTORY

Staff Chiropractor, Wilmington Spine Center, Wilmington, Delaware, 2017 - Present

Staff Chiropractor, Glasgow Chiropractic, Newark, Delaware, 2016 – Present

Adjunct Professor Anatomy & Physiology, Cecil College, North East, Maryland, 2015-2016

Owner/Staff Chiropractor, Polaski Family Chiropractic Center, Newark, Delaware, 2002 - 2016

Staff Chiropractor, Dr. Zerefos, MD, Wilmington, Delaware, 1998 – 2001

Staff Chiropractor, Island Chiropractic Center, Charlotte, North Carolina, 1998 – 2002

Staff Chiropractor, Linnick – Bonzo Chiropractic Center, Salisbury, North Carolina, 1997 - 2000

EDUCATION AND LICENSURE

Doctor of Chiropractic, Licensed in the State of Delaware, License # F1-0000551, 2002 - Present

Doctorate of Chiropractic, New York Chiropractic College, Seneca Falls, New York, 1993 – 1997

National Board of Chiropractic Examiners, Part IV, 1996

National Board of Chiropractic Examiners, Part III, 1996

National Board of Chiropractic Examiners, Part II, 1996

National Board of Chiropractic Examiners, Part I, 1996

Bachelors of Science in Health Science, Lock Haven University, Lock Haven, Pennsylvania, 1988 – 1993

SELECTED POST-GRADUATE EDUCATION

Diagnosing and Case Management, *The requirements for diagnosing based upon in an initial evaluation and management encounter ranging from a 99202-99205 that includes comorbidities, non-musculoskeletal, and sequelae to injury to injury diagnosis.* Academy of Chiropractic, Post-Doctoral Division, Cleveland University-Kansas City, College of Chiropractic, Long Island, NY, 2020

Diagnosing and Case Management, *The requirements for diagnosing imaging inclusive of static x-rays, biomechanical x-rays, and MRI. Documenting the clinical findings of disc bulge, herniation, protrusion, extrusion and fragmentation. Coding, diagnosing, and documenting individual treatment encounters in the clinical setting.* Academy of Chiropractic, Post-Doctoral Division, Cleveland University-Kansas City, College of Chiropractic, Long Island, NY, 2020

Trends in Spinal Treatment, *Analyzing spinal healthcare in both utilization and necessity and understanding the marketplace and how a level of clinical excellence is reflected in a doctor's documentation and credentials. Treatment pathways in triaging spinal pathobiomechanics.* Academy of Chiropractic Post-Doctoral Division, Cleveland University Kansas City, Long Island, NY, 2020

MRI Spine Interpretation, *An evidence-based understanding of time-related etiology of disc pathology considering the American society of Neuroradiology's designation of protrusion, sequestration of spinal discs, Considering the signal intensity of discs, in age-dating pathology and acquisition protocols for advanced spinal imaging.* Academy of Chiropractic Post-Doctoral Division, Cleveland University Kansas City, Long Island, NY, 2020

Spinal Biomechanics; A Literature Perspective, *An evidence-based model for spinal biomechanical engineering and pathobiomechanics considering the pathophysiological limits in translations, angular deviation, and rotational planes. Utilizing the Cartesian system in plotting vertebral points to demonstratively conclude an accurate diagnosis, prognosis and biomechanical treatment plan with the consideration of long-term care in the non-specific mechanical spine pain patient when necessary.* Academy of Chiropractic Post-Doctoral Division, Cleveland University Kansas City, Long Island, NY, 2020

Case Management of Mechanical Spine Pathology, *Clinical Rounds of herniated, protruded, extruded, sequestered, and bulging discs. Differentially diagnosing vascular vs. mechanical spinal lesions and the necessity for urgent vascular, neurological intervention, Collaborating in a team environment utilizing a neuroradiologist, electrophysiologist, and neurosurgeon with the chiropractor as the primary care provider.* Academy of Chiropractic Post-Doctoral Division, Cleveland University Kansas City, Long Island, NY, 2020

Ramping Up Your Practice Post-COVID-19 - A Quick Solution Based on Your Documentation & Clinical Excellence, *Utilizing your documentation to accurately reflect the Evaluation and Management code billed. Inclusive of a complete current, past history, previous care, and a full review of systems. The management of post-traumatic cases in a collaborative environment in a*

literature-based standard. Academy of Chiropractic Post-Doctoral Division, Cleveland University Kansas City, Long Island, NY, 2020

Ramping Up Your Practice Post-COVID-19 - A Quick Solution Based on Your Documentation & Clinical Excellence, *A case study of managing a patient where the MRI was inaccurate based upon literature standards and the collaboratively working through a system in triaging an extruded disc patient from psychological support to appropriate surgical care.* Academy of Chiropractic Post-Doctoral Division, Cleveland University Kansas City, Long Island, NY, 2020

Documentation, MRI Necessity and Trends in Spinal Treatment Protocols, *Correlating history and a thorough clinical evaluation in determining the necessity for x-ray and MRI evaluations in the trauma and non-trauma patient. Considering whole spine patho-biomechanics in formulating treatment plans and long-term supportive care. Documentation requirements in transitioning from telemedicine to in-office care.* Academy of Chiropractic Post-Doctoral Division, PACE Approved for the Federation of Chiropractic Licensing boards, Cleveland University Kansas City, Long Island, NY, 2020

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.* Cleveland University – Kansas City, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

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.* Cleveland University – Kansas City, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

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.* Cleveland University – Kansas City, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

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.* Cleveland University – Kansas City, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

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. Cleveland University – Kansas City, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

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.* Cleveland University – Kansas City, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

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 kinesiopathology, myopathology, neuropathology, and pathophysiology in both a functional and structural paradigm.* Cleveland University – Kansas City, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

Trends in Spinal Treatment, *Management of spinal care for mechanical spine issues from hospitals and medical specialists to trauma qualified chiropractors based upon published outcomes. Utilizing imaging studies in spinal biomechanics, pain models and clinical outcomes to determine a conclusive diagnosis, prognosis and treatment plan for triaging in a collaborative environment.* Cleveland University Kansas City, Chiropractic and Health Sciences, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

Neurology of Spinal Biomechanics, *Understanding spinal biomechanics and the neurotransmitters required for homeostasis. The interconnected role of Pacinian Corpuscles, Ruffini Corpuscles, Golgi Organ Receptors, Nociceptors, Proprioceptors and Mechancoreceptors in maintaining sagittal and axial alignment in the presence of mechanical pathology.* Cleveland University Kansas City, Chiropractic and Health Sciences, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

MRI Age-Dating of Herniated Discs, *The literature, academic and clinical standards to age-date herniated discs. The clinical correlation the pain patterns with advanced imaging findings of bone edema, and bone spurs based upon the Piezoelectric effect for remodeling, high signal on T2 weighted images, Vacuum Discs and disc heights in determining the time frames of the etiology of spinal disc pathology.* Cleveland University Kansas City, Chiropractic and Health Sciences, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

Creating Ethical Collaborative and Medical-Legal Relationships, *Understanding the timely triage necessities based upon clinical and imaging outcomes, and the documentation required for collaborative physicians to continue care. Ensuring that the documentation is complete, reflective of services rendered, and clear for third party consideration in an admissible format to be considered in a medical-legal environment.* Cleveland University Kansas City, Chiropractic and Health Sciences, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

Central Innervation of Spinal Biomechanical Engineering, *Understanding the lateral and ventral horn's innovations of Pacinian Corpuscles, Ruffini Corpuscles, Golgi Organ Receptors,*

Nociceptors, Proprioceptors and Mechancoreceptors, and the pathways through the spinal thalamic tracts through the periaqueductal region, the Thalamus into the Occipital, pre-frontal, sensory and motor cortexes and then efferently back through the Thalamus to disparate regions in creating spinal homeostasis. Cleveland University Kansas City, Chiropractic and Health Sciences, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

Identifying Spinal Pathology of MRI, Utilizing T1, T2, STIR, and Gradient studies in determining myelomalacia, intra and extra-dural tumors, and systemic disease patterns affecting the spinal cord. When to use contrast post-operatively in identifying discal structures vs. adhesions in postoperative advanced imaging. MRI Interpretation of herniated, circumferential bulges, focal bulges, protruded, extruded, comminuted, sequestered and fragmented discs. When to consider a neurosurgical consultation based upon the correlation of imaging and clinical findings. Cleveland University Kansas City, Chiropractic and Health Sciences, Academy of Chiropractic Post-Doctoral Division, Long Island, NY, 2019

SELECTED MEMBERSHIPS

Delaware Chiropractic Society, Member, 2002 - Present