

Brian C. Mulhall D.C.

ACTIVE SPINE & SPORT THERAPY

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www.activespineandsport.com

EDUCATION

- **National College of Chiropractic**, Lombard, Illinois
 - Doctor of Chiropractic (April 2001)
 - Bachelor of Science, Human Biology (April 1999)
- **Eastern Illinois University**, Charleston, Illinois
 - Bachelor of Science, Pre Medical Studies (May 1997)

POST GRADUATE CERTIFICATIONS

- Certified Chiropractic Sports Practitioner – CCSP
American Board of Chiropractic Sports Physicians
- Certified Strength and Conditioning Specialist – CSCS
National Strength and Conditioning Association
- Certified in McKenzie Mechanical Diagnosis and Therapy – Cert. MDT
The McKenzie Institute, USA
- Certified Kinesio Taping Practitioner – CKTP
Kinesio Taping Association
- Full Body Certified in Active Release Techniques - ART
Active Release Techniques, Inc.
- Full Body Certified in Fascial Distortion Model - FDM
Fascial Distortion Model, Inc.
- Certified in Selective Functional Movement Assessment - SFMA
Functional Movement Systems, Inc.
- Certified in Functional/Trigger Point Dry Needling Level 1 – FDN
KinetaCore
- Certified in Integrative Systemic Trigger Point Dry Needling - TDN
American Dry Needling Institute
- Fellow for International Academy of Medical Acupuncture – FIAMA
International Academy of Medical Acupuncture
- Elite Provider for Active Release Techniques
Active Release Techniques, Inc.
- Masters ART Certified - Active Release Techniques
Active Release Techniques, Inc.
- Biomechanics Certification - Active Release Techniques
Active Release Techniques, Inc.
- Active Palpation Technique Certification - Active Release Techniques
Active Release Techniques, Inc.
- Long Tract Nerve Entrapment Certification - Active Release Techniques
Active Release Techniques, Inc.
- CrossFit Movement & Mobility Certification
CrossFit & Kelly Starrett DPT
- Certified Sole Supports Custom Orthotics Practitioner
Sole Supports, Inc.

AWARDS / ACCOLADES

- ***“Best Sports Medicine Doctor”*** awarded to
Dr. Brian Mulhall D.C. - Competitor Texas Magazine, 2015
- ***“Best Sports Medicine Doctor”*** awarded to
Dr. Brian Mulhall D.C. - Competitor Texas Magazine, 2014
- ***“Best Sports Rehab Center”*** awarded to
Active Spine & Sport Therapy - Competitor Texas Magazine, 2014
- ***“Best Sports Medicine Doctor”*** awarded to
Dr. Brian Mulhall D.C. - Competitor Texas Magazine, 2013
- ***“Best Sports Rehab Center”*** awarded to
Active Spine & Sport Therapy - Competitor Texas Magazine, 2013
- ***“Best Sports Medicine Doctor”*** awarded to
Dr. Brian Mulhall D.C. - Competitor Texas Magazine, 2012
- ***“Best Sports Rehab Center”*** awarded to
Active Spine & Sport Therapy - Competitor Texas Magazine, 2012
- ***“Best Rehab Clinic in Texas”*** awarded to
Active Spine & Sport Therapy - Competitor Texas Magazine, 2011
- ***ART Clinician for the 2011 American Association Champion
Grand Prairie AirHogs Minor League Baseball Team***
QuikTrip Park - Grand Prairie, TX
- ***“Best Sports Injury Clinic in Texas”*** awarded to
Active Spine & Sport Therapy - Competitor Texas Magazine, 2009
- ***“Best Sports Injury Clinic in Texas”*** awarded to
Active Spine & Sport Therapy - Competitor Texas Magazine, 2008
- ***“Best Place To Go For A Sports Injury”*** awarded to
Active Spine & Sport Therapy - Competitor Texas Magazine, 2007

PRACTICE EXPERIENCE

- **Active Spine & Sport Therapy - Fort Worth, Texas**
 - Owner – Chiropractic Sports Practitioner (May 2005 – Present)
Complete Musculoskeletal/Sports Injury Care
- **Active Chiropractic Center - Flossmoor, Illinois**
 - Chiropractic Physician/Office Manager (August 2002 – March 2005)
Family care practice with strong sports medicine and rehabilitation emphasis on working with local schools, gyms, running associations and specialty sport instruction groups
- **Churchill Chiropractic Center - Schaumburg, Illinois**
 - Chiropractic Physician (September 2001 – August 2002) Family care practice with strong emphasis in treatment of degenerative joint disease and disc pathologies
- **Gold Chiropractic - San Diego, California**
 - Chiropractic Preceptorship (January 2001 – June 2001) Finished requirements for graduation early and worked with practice to learn office procedures, insurance billing and performed all aspects of patient health care

- **National College of Chiropractic Clinic** - Chicago, Illinois
 - Chiropractic Intern (April 2000 – January 2001) All aspects of patient health care and rehabilitation: physical examination, neurologic and orthopedic evaluation, use of laboratory and radiological procedures/diagnosis, physiotherapy modalities and manipulation
- **Alpha Family Chiropractic** - Chicago, Illinois
 - Chiropractic Assistant (April 2000 – December 2000) Performed physical examinations, x-rays, physiotherapy and office duties

CONTINUING EDUCATION/SEMINARS ATTENDED

- **Fascial Distortion Model (FDM) – Upper Region**
 - FDM Certification Course work – *Dr. Tyrel Hummel D.C., Toronto, Canada – 20 hours, January 23-25, 2015*
- **Advanced Selective Functional Movement Assessment (SFMA)**
 - Advanced SFMA Certification Course – *Dr. Greg Rose, Kyle Kiesel PT, Carlsbad, CA - 16 hours, 2014*
- **Fascial Distortion Model (FDM) – Lower Region**
 - FDM Certification Course work – *Dr. Tyrel Hummel D.C., Dallas, TX – 20 hours, April 26-29, 2013*
- **Advanced Muscle Integration Technique (AMIT) – Session 1**
 - AMIT Certification Course work – *Dr. Craig Buhler D.C., Kaysville, UT – 12 hours, October 5-6, 2012*
- **Functional Dry Needling/Trigger Point Dry Needling (FDN)**
 - KinetaCore Level 1 Certification Course *Dallas, TX – 24 hours, 2012*
- **Medical Acupuncture Fellowship (FIAMA)**
 - Fellowship Certification Program – *Combined classroom and distance learning with Dr. John Amaro Dallas, TX – 105 hours, 2012*
- **CrossFit Movement & Mobility Certification**
 - CrossFit – *Kelly Starrett DPT, Dallas, TX – 16 hours, 2011*
- **Selective Functional Movement Assessment (SFMA)**
 - SFMA Certification Course – *Dr. Greg Rose, Colorado Springs, CO, - 16 hours, 2011*
- **Active Release Techniques (ART) Soft Tissue Management System Certification**
 - Active Release Techniques for the Lower Extremity Recertification – *Dallas, TX - 16 hours, 2013*
 - Active Palpation Technique Certification – *Colorado Springs, CO – 24 hours, 2011*
 - Biomechanics Certification Practical Examination – *The Woodlands, TX - 2011*
 - Master's ART Course - *Dallas, TX – 6 hours, 2009*
 - Elite Provider's Network Practical Examination – *Colorado Springs, CO – 2008*
 - Master's ART Course - *Colorado Springs, CO – 6 hours, 2008*

- Active Release Techniques in Long Tract Nerve Entrapments – *Austin, TX – 8 hours, 2007*
- Active Release Techniques for the Spine and Practical Examination – *East Rutherford, NJ – 21 hours, 2007*
- Active Release Techniques for the Upper Extremity and Practical Examination – *Dallas, TX – 24 hours, 2007*
- Active Release Techniques for the Lower Extremity and Practical Examination – *Austin, TX - 24 hours, 2006*
- **Myofascial Release Concepts**
 - *Amy Kirsch D.C. – Hurst, TX – April 22-23, 2011 – 16 hours*
- **Fingers to Toes 2011: A Musculoskeletal Clinical Correlation Conference**
 - *UT Southwestern Medical Center Sports Medicine Dept – Dallas, TX – May 6-7, 2011 – 16 hours*
- **Integrative Systemic Trigger Point Dry Needling (TDN)**
 - *American Dry Needling Institute – Yun Tao Ma, Ph.D – Boulder, CO – June 4-6, 2010 – 24 hours*
- **Extremity Joint Manipulation/Adjusting Procedures and Techniques**
 - *Foot Levelers Inc. – Mark Charrett, DC – Austin, TX – November 7-8, 2009*
- **McKenzie Mechanical Diagnosis and Therapy Clinical Skills Update**
 - *St. David's Rehabilitative Center – Scott Herbowy MSPT – Austin, TX – May 16-17 2009*
- **Integrative Diagnosis – Patient Centered Diagnostic Protocol Development Procedures**
 - *Integrative Diagnosis – William F. Brady, DC – Austin, TX - February 9-10 2008 – 16 hours*
- **McKenzie Mechanical Diagnosis and Therapy Certification**
 - *The McKenzie Method of Mechanical Diagnosis and Treatment of the Peripheral Joints/Extremities – Tulsa, OK – 21 hours, 2007*
 - *The McKenzie Method of Mechanical Diagnosis and Treatment of the Lumbar Spine – Lewisville, TX – 28 hours, 2006*
 - *The McKenzie Method of Mechanical Diagnosis and Treatment of the Cervical and Thoracic Spine – Houston, TX – 28 hours, 2006*
 - *The McKenzie Method of Mechanical Diagnosis and Treatment - Problem Solving - Austin, TX – 21 hours, 2006*
 - *The McKenzie Method of Mechanical Diagnosis and Treatment – Advanced Problem Solving and Practical Workshop – Schenectady, NY – 28 hours, 2006*
 - *The McKenzie Method of Mechanical Diagnosis and Treatment – Certification Examination and Practical – Chicago, IL – 2006*
- **Kinesio Taping Practitioner Certification**
 - *Kinesio Taping Fundamentals & Kinesio Taping for Upper & Lower Extremity Workshop – Dallas, TX – 21 hours, 2006*

- **Advances in The Lumbar Spine and Pelvic Syndromes, Evaluation and Management** - *National Lincoln School of Postgraduate Education – Lombard, IL*
 - The Pathological Intervertebral Disc and its Syndromes - *D. Skogsberg, DC, M. Kowalski, DC, 2005 – 12 hours*
 - Posterior Element Disorders and Lumbar Stenosis - *D. Skogsberg, DC, M. Kowalski, DC, 2005 – 12 hours*
 - Sacroiliac Joint Disorders and Lumbar Spine Trauma - *D. Skogsberg, DC, M. Kowalski, DC, 2005 – 12 hours*
- **Current Concepts in the Evaluation and Treatment of the Endurance Athlete** - *National Lincoln School of Postgraduate Education – Lombard, IL, 2005 – 12 hours*
- **Certified Chiropractic Sports Physician – National Lincoln School of Postgraduate Education – Lombard, IL**
 - Concepts of a Team Physician - *M. Duarte, DC, 2004 – 12 hours*
 - Sports Pre Participation Exam - *M. Duarte, DC, 2004 – 12 hours*
 - Sports Nutrition and Physical Fitness - *D. Richardson, PhD, 2004 – 12 hours*
 - Exercise Biomechanics, Equipment and Rehabilitation - *M. Duarte, DC, 2004 – 12 hours*
 - Management of Injuries to the Upper Extremity - *M. Duarte, DC, 2004 – 12 hours*
 - Emergency Procedures - *M. Duarte, DC, 2004 – 12 hours*
 - Management of Injuries to the Lower Extremity - *M. Duarte, DC, 2004 – 12 hours*
 - Mechanics of Specific Sports Injuries - *M. Duarte, DC, 2004 – 12 hours*
 - Management of Special Populations in Sports and Training - *M. Duarte, DC, 2004 – 12 hours*
- **The Bottom Block – The Foundation of the Kinetic Chain: Certification for the Design and Prescription of Custom Foot Orthotics – Sole Supports – Lombard, IL, 2004 – 12 hours**
- **Graston Technique: Instrument Assisted Soft Tissue Therapy - National Lincoln School of Postgraduate Education – Lombard, IL, 2004 – 12 hours**
- **Kinesio Taping Techniques - National Lincoln School of Postgraduate Education – Lombard, IL, 2004 – 12 hours**
- **Nimmo Trigger Point Therapy and Myofascial Release Techniques - National Lincoln School of Postgraduate Education – Lombard, IL, 2001 – 12 hours**
- **Protect Your Back – Back Safety Instructor Certification - American Red Cross – Oak Park, IL 2001- 12 hours**

ARTICLES

- **“Clinical Tip Case Study: McKenzie Mechanical Diagnosis and Treatment, Flexion/Rotation – A Group Effort”** – MDT Bulletin of the McKenzie Institute, America Region – 2008 Vol. 1, No. 1

- **“Can You Handle The Truth About Tendonitis?”** – Fort Worth Runners Club Newsletter – November 2007
- **“Can You Handle The Truth About Tendonitis?”** – Fort Worth Bicycling Association Newsletter – November 2007
- **“Can You Handle The Truth About Tendonitis?”** – The Racing Post Cycling Magazine – November 2007
- **“Iliotibial Band Syndrome”** – The Racing Post Cycling Magazine – October 2007
- **“Iliotibial Band Syndrome”** – Fort Worth Runners Club Newsletter – September 2007
- **“Iliotibial Band Syndrome”** – Fort Worth Bicycling Association Newsletter – September 2007
- **“Posture and Lower Back Pain”** – Fort Worth Bicycling Association Newsletter – May 2007
- **“Posture and Lower Back Pain”** – Fort Worth Runners Club Newsletter – May 2007
- **“Self Care Concepts”** – Fort Worth Runner Club Newsletter – April 2007
- **“Self Care Concepts”** – Fort Worth Bicycling Association Newsletter – April 2007
- **“Fascial Adhesions and Sports Performance”** – Fort Worth Runners Club Newsletter – March 2007
- **“Fascial Adhesions and Sports Performance”** – Fort Worth Bicycling Association Newsletter – March 2007

LECTURES / PRESENTATIONS

- **Common Running Injuries and Self Care/Prevention** – Fort Worth Running Company Marathon Training Group – December 2015
- **Movement / Mechanics & Mobility Lecture** – CrossFit StrongWill – September 2015
- **Biomechanics and Avoiding Running Injuries** – Fort Worth Running Company, Marathon Training Program – August 2015
- **Mobility/Movement and Endurance Injuries** – Team in Training Marathon Training Program – July 2015
- **Common Running Injuries and Self Care/Prevention** – Luke’s Locker Half/Full Marathon Training Program – March 2015
- **Movement / Mechanics & Mobility Lecture on the Hip** – The Brick Gym/CrossFit L3 – March 2015
- **Movement / Mechanics & Mobility Lecture on the Shoulder** – The Brick Gym/CrossFit L3 – January 2015
- **Common Running Injuries and Self Care/Prevention** – Fort Worth Running Company Marathon Training Group – December 2014
- **Common Running Injuries and Self Care/Prevention** – Team in Training Marathon Training Group – December 2014
- **Mobility/Movement and Endurance Injuries** – Team in Training Triathlon Training Program – September 2014

- **Prevention of Endurance Athletic Injuries** – Fort Worth Running Company Triathlon Training Program – July 2014
- **Mobility/Movement and Endurance Injuries** – Team in Training Marathon Training Program – June 2014
- **Mobility and Endurance Athletic Injuries** – Trident Sports Marathon/Triathlon Training Program – March 2014
- **Lower Extremity Biomechanics & Running Injuries** – Fort Worth Running Company Staff Education Lecture – February 2014
- **Movement / Mechanics & Mobility Lecture** – CrossFit Seven – February 2014
- **SHAG Fitness & CrossFit Movement & Mobility Series** – SHAG Fitness & CrossFit - Fort Worth, TX.
 - **Movement Basics** – August 22, 2013
 - **Hip** – January 24, 2014
- **Prevention of Endurance Athletic Injuries** – Fort Worth Running Company, Marathon Training Program – October 2013
- **Biomechanics and Avoiding Running Injuries** – Team in Training, Marathon Training Program – September 2013
- **Running Injury Prevention Seminar** – ALZ Stars Full/Half Marathon Training Programs for the Alzheimer's Association – January 2014
- **Common Running Injuries and Self Care/Prevention** – Luke's Locker Injury Prevention Series – September 2013
- **Lower Extremity Biomechanics and Running Injuries** – Luke's Locker Staff Training – August 2013
- **Avoiding Common Endurance Athletic Injuries** – Trident Sports Marathon/Triathlon Training Program – August 2013
- **Mobility/Movement and Endurance Injuries** – Team in Training Marathon Training Program – June 2013
- **Prevention of Endurance Athletic Injuries** – Fort Worth Running Company, Marathon Training Program – June 2013
- **Fascial Concepts and Prevention of Running Injuries** – Fort Worth Running Company Triathlon Training Program – May 2013
- **Mobility/Movement and Endurance Injuries** – enduraLAB – February 2013
- **Mobility & Injury Prevention Seminar** – Trident Sports Marathon/Triathlon Training Program – February 2013
- **Avoiding Common Running Injuries** – Fort Worth Running Company Full and Half Marathon Training Programs – February 2013
- **Black Box Strength & Conditioning Mobility Series** – Black Box Strength and Conditioning - Fort Worth, TX.
 - **Posterior Hip** – November 6, 2012
 - **Anterior Hip** – December 11, 2012
 - **Shoulder** – January 8, 2013
 - **Knee/Ankle** – February 19, 2013
 - **Neck/Low Back** – March 5, 2013

- **Full Body Review** – April 2, 2013
- **Running Injury Prevention Seminar** – ALZ Stars Full/Half Marathon Training Programs for the Alzheimer’s Association – January 2013
- **Prevention of Endurance Based Athletic Injuries** – Team in Training Triathlon Training Program – January 2013
- **Running Injury Prevention Seminar** – Trident Sports Half IM Triathlon Training Program – December 2012
- **Musculoskeletal and Self Care Concepts for Dental Professionals** for the Fort Worth Academy of General Dentistry at the Reata Restaurant, November 28, 2012
- **Mobility/Movement and Endurance Injuries** – Fort Worth Running Company, Marathon Training Program – October 2012
- **Mobility/Movement and Endurance Injuries** – Team in Training Marathon Training Program – September 2012
- **Mobility/Movement and Endurance Injuries** – Luke’s Locker Full and Half Marathon Training Programs – September 2012
- **Understanding, Treating and Preventing Plantar Fasciitis** – Luke’s Locker Full and Half Marathon Training Programs – August 2012
- **Common Running Injuries and Self Care/Prevention** – Luke’s Locker Injury Prevention Series – August 2012
- **Functional Symmetry in the Prevention of Endurance Athletic Injuries** – Team in Training Sprint Triathlon Training Program – June 2012
- **Running Form and Injury Prevention** – Team in Training Half Marathon Training Program – May 2012
- **Avoiding Common Endurance Athletic Injuries** – Team in Training Marathon Training Program – March 2012
- **Mobility & Injury Prevention Seminar** – Trident Sports Marathon/Triathlon Training Program – March 2012
- **Avoiding Common Endurance Athletic Injuries** – Trident Sports Marathon/Triathlon Training Program – January 2012
- **Fascial Concepts and Prevention of Running Injuries** – Team in Training Triathlon Training Program – January 2012
- **Running Form and Injury Prevention** – Team in Training – December 2012
- **Biomechanics and Avoiding Running Injuries** – Fort Worth Running Company, Marathon Training Program – November 2011
- **Mobility & Injury Prevention Seminar** – Brandt Fitness & Martial Arts –October 15th, 2011
- **Biomechanics and Avoiding Running Injuries** – Team in Training – September 2011
- **Avoiding Common Running Injuries** – Luke’s Locker Full and Half Marathon Training Programs – August 2011
- **Fascial Concepts and Prevention of Running Injuries** – Team in Training Half Marathon Training Program – June 2011

- **Functional Symmetry in the Prevention of Endurance Athletic Injuries** – Team in Training Sprint Triathlon Training Program – June 2011
- **Prevention of Endurance Athletic Injuries** – Fort Worth Running Company, Marathon Training Program – May 2011
- **Common Running Injuries and Self Care/Prevention** – Luke’s Locker Marathon Training Program – March 2011
- **Running Injuries and Self Care/Prevention** – Team in Training, Marathon Training Program – February 2011
- **Avoiding Common Endurance Athletic Injuries** – Trident Sports Marathon/Triathlon Training Program – December 2010
- **Prevention of Cycling Injuries and Self Care Concepts** – Fort Worth Bicycling Association – November 2010
- **Introduction to Endurance Athletic Injuries** – Fort Worth Running Company, Marathon Training Program – October 2010
- **Spinal Biomechanics and Self Care / Fascial Concepts** – Indigo Yoga Instructor Seminar – September 2010
- **Prevention and Treatment for Common Running Injuries** – Team in Training – August 2010
- **Cumulative Trauma Injuries / Fascial Concepts /Self Care** – Luke’s Locker Marathon Training Program – August 2010
- **Sports Injury Concepts for Massage Therapists** - Online Recertification Course - Video Presentation of 5 hour lecture www.lmtce.com – August 2010 Activation
- **Common Running Injuries and Self Care/Prevention** – Fort Worth Running Company, Marathon Training Program – May 2010
- **Injury Prevention/Self Care Strategies and Efficient Running Biomechanics** – Fort Worth Runners Club – October 2009
- **Introduction to Endurance Athletic Injuries** – Fort Worth Running Company, Marathon Training Program – October 2009
- **Efficiency in Running Biomechanics and Injury Prevention** – Tri Cowtown Triathlon Club – October 2009
- **Common Running Injuries and Self Care/Prevention** – Luke’s Locker Marathon Training Program – September 2009
- **Introduction to Endurance Athletic Injuries** – Fort Worth Running Company, Marathon Training Program – June 2009
- **Sciatic Pain in Athletes** – Luke’s Locker Tri-Night – March 2009
- **Common Running Injuries and Self Care/Prevention** – Luke’s Locker Marathon Training Program – 2008
- **Prevention and Treatment for Common Cycling Injuries** – Fort Worth Mountain Bikers’ Association – 2008
- **Sports Injury Concepts for Massage Therapists** Approved by: The Texas Department of State Health Services – Massage Therapy Program.
 - *July 31, 2010 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*

- *April 17, 2010 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *December 5, 2009 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *September 5, 2009 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *June 6, 2009 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *March 14, 2009 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *October 18, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *June 21, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *February 16, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- **Sports Injury Concepts for Personal Trainers – Lower Extremity Conditions** Approved by: The National Strength and Conditioning Association, The National Academy of Sports Medicine, The American Council on Exercise and The Cooper Institute.
 - *November 15, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
 - *May 10, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- **Sports Injury Concepts for Personal Trainers – Upper Extremity Conditions** Approved by: The National Strength and Conditioning Association, The National Academy of Sports Medicine, The American Council on Exercise and The Cooper Institute.
 - *September 20, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
 - *March 22, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- **New Concepts in the Treatment of Sports Injuries for Athletic Trainers** Approved by: The Board of Certification for Athletic Trainers.
 - *September 6, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
 - *March 1, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- **Sports Injury Concepts for Personal Trainers – Posture and Spinal Conditions** Approved by: The National Strength and Conditioning Association, The National Academy of Sports Medicine, The American Council on Exercise and The Cooper Institute.
 - *July 26, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- **Introduction to Endurance Athletic Injuries** – Fort Worth Running Company, Marathon Training Program – 2008
- **Running Injuries and Self Care/Prevention** – Team in Training, Marathon Training Program – 2008
- **Intro to Kinesio Taping and Athletic Injuries** – Tri Cowtown Triathlon Club – 2008
- **Common Running Injuries and Self Care/Prevention** – Luke's Locker Marathon Training Program – 2008

- **Newton Running Shoes and Injury Prevention** – Tri Cowtown Triathlon Club – 2008
- **Prevention of Cycling Injuries and Self Care Concepts** – Fort Worth Bicycling Association – 2008
- **Active Release Techniques and Tendonosis** – Play Tri Triathlon Festival – Irving, Texas - 2008
- **Back Injury Prevention and Arthritis Myths** – Active Older Adults – Ryan YMCA – 2008
- **Common Running Injuries and Self Care/Prevention** – Fort Worth Runners Club – 2007
- **Preventing Pitfalls in Training** – Fort Worth Running Company Marathon Training Group – 2007
- **Resistance Training for the Endurance Athlete** – Trinity Sports Triathlon Training Group – 2007
- **Management of Endurance Athletics Injuries** – Trinity Sports Triathlon Training Group – 2007
- **Tendonitis vs. Tendonosis** – Tri Cowtown Triathlon Training Group – 2007
- **Tendonitis vs. Tendonosis** – Fort Worth Running Company Marathon Training Group – 2007
- **Injury Prevention and Self Care Concepts for Triathletes** – TriCowtown Triathlon Club, 2006
- **Prevention of Cycling Injuries and Core Conditioning** – Fort Worth Bicycling Association – 2006
- **Running Injury Prevention** – Fort Worth Running Company Marathon Training Group – 2006
- **Current Concepts in Core Conditioning and Functional Training** – Continuing Education Course for Personal Training Staff – Benbrook YMCA – 2006
- **Core Conditioning** – Survivors Tri Harder – Triathlon Training Group – 2006
- **Running Injury Prevention** – Team in Training Marathon Training Group – 2006
- **Low Back Care and Injury Prevention** – Tarrant County College – Health Care Class – 2006
- **Top 5 Running Injuries and Prevention** – Fort Worth Runners Club – 2005
- **Running Injury Prevention** – Homewood-Flossmoor High School – Athletic Trainers – 2004
- **Youth Athletics Injury Prevention and Management** – City of Flossmoor Little League Coaches – 2003