

Robert E. Braden, DC CCSP CSCS

Profile

Manipulative Therapy:

- Diversified/Specific extremity mobilization, all manual techniques.

Physical Therapy:

- Sports medicine model. All electro modalities.
- Trigger point therapy.
- Myofascial release.
- Proprio-neuro facilitation.
- Facilitated stretching.
- Muscle movement.
- Repatterning.
- Sensory Motor Training.
- Laser Therapy.

Pilates Evolved Rehabilitational Training (P.E.R.T.):

- Post surgical rehabilitation of spine and all extremity conditions with the use of movements and variable resistive equipment created by J.H. Pilates.

Sports Injury Nutrition:

- Nutritional education on early intervention of nutrients and supplementation after acute trauma.
- Sports/human performance nutrition.

Taping/Casting/Bracing of Extremity Injuries:

- Specific proprioceptive response taping.
- Kinesio taping.
- McConnell taping techniques.

Expert Testimony/File Reviews:

- Chiropractic/extremity cases involved malpractice and personal injury.

Other Procedures:

- McKenzie based spinal rehabilitation.
- Recognition of faulty movement patterns.
- Prescription of remedial corrective exercise program.
- Incorporating manipulative rehabilitation based on protocols/techniques/principles by the work of Lewit/Janda.
- Development of training programs post-surgery and incorporation of specific home exercise programs after patient care.

Education

- **Western States Chiropractic College** – Portland, OR.
 - Doctorate of Chiropractic, 1986
- **University of Nevada Las Vegas** – Las Vegas, NV
- **Lower Columbia College** – Longview, WA
- **Lewis & Clark State College** – Lewiston, ID
- **Pahrump Valley High School** – Pahrump, NV -- Class of 1978

Professional Post-Graduate Education

Polestar Pilates Education:

- Introductory, intermediate and advanced certification courses based on the work of J.H. Pilates for pre-/post-surgical rehabilitation.

Post Graduate Sports Medicine

- 200 CED Hours

Diplomate course for the American Chiropractic Rehabilitation Board

Diplomate course for the American Chiropractic Council on Sports Injuries and Physical Fitness

- 200 CED Hours

ProSport Chiropractic 10th, 11th, 12th and 13th Annual “Hands On” Training Workshops:

- Lectures and hands-on workshops utilizing the latest sports medicine techniques for rehabilitation, nutrition, manual therapy and sports medicine physical therapy.

Injury Prevention & Treatment Techniques:

- Baseball Medicine Conference

The 24th Annual Sports Physical Therapy Section:

- SPTS Team Concept Conference.

Professional Certifications

Sports Injury Certification: Upper and Lower Extremities

- 1998 by Dr. Rick Morris Sports Medicine Seminars

Board Certified Chiropractic Sports Physician:

- 1991 by the ACA Council on Sports Injuries & Physical Fitness

Board Certified Strength & Conditioning Specialist:

- 1993 by the National Strength & Conditioning Association

Board Qualified Chiropractic Rehabilitational Physician

- American Chiropractic Rehabilitation Board

Professional Organizations

- **Member of the American College of Sports Medicine**
- **Member of the Council on Sports Injuries & Physical Fitness**
- **Member of the American Academy of Spine Physicians**
- **Member of the National Strength & Conditioning Association**
- **Member of the Council on Chiropractic Physiological Therapeutics & Rehabilitation.**
- **Institutional Member of the American Back Society**