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EDUCATION

- 2001 - 2002 Monroe Community Hospital, Rochester, New York
Affiliated with University of Rochester School of Medicine and Dentistry
Short-term rehabilitation and in-patient / geriatrics. Directed by Donald Dishman, D.C. and Paul Katz, M.D.
- 2001 - 2002 Saint Joseph's Multi-Disciplinary Clinic, Rochester, New York
Affiliated with Strong Memorial Hospital
Clinical training focused on diagnosis and management of musculoskeletal conditions in a multi-specialty setting. Directed by Fred SanFilipo, D.C. and Warren Glaser, M.D.
- 1999 - 2002 New York Chiropractic College; Seneca Falls, New York.
Degree: Doctor of Chiropractic, April 2002.
- 1997 - 1998 Binghamton University, Binghamton, NY
Degree: Bachelor of Science, Applied Social Science
- 1994 - 1995 Alfred State University, Alfred, NY.
Degree: Medical Laboratory Technology

PROFESSIONAL EXPERIENCE

- 08/2004 - Present **Montgomery Chiropractic Center, Inc. - Avon Lake, OH.**
Clinic Director and Chiropractic Physician in an interdisciplinary rehabilitation facility focused on the diagnosis and management of musculoskeletal disorders. Responsible for educational lectures and in-service programs presented to the surrounding patient and medical community.
- 01/2020 - Present **St. Vincent Medical Group - Independence, OH**
- 2005 - 2014 **Brookside High School - Sheffield, OH.**
Team doctor Brookside High School Athletic Department. Responsible for evaluation, management and treatment of injured high school athletes.
- 2007 - 2008 **RightGuard AST Dew Tour - Cleveland, OH**
Chiropractic physician as part of the Action Sports Tour medical team. Evaluated and treated professional and amateur athletes in a multi-specialty setting with a variety of musculoskeletal ailments.
- 10/2002 - 8/2004 **Starek Chiropractic Center, LLC - Strongsville, OH.**
Chiropractic physician in an interdisciplinary practice focused on the diagnosis and management of musculoskeletal disorders.

- 5/2002 - 10/2002 **F.O.R.M.E. Medical and Rehabilitation of Vermilion** - *Vermilion, OH.*
Staff Chiropractic Physician in a multi-disciplinary practice, which focused on conservative management of musculoskeletal conditions.
- 2001 - 2002 **Monroe Community Hospital** - *Rochester, NY.*
Affiliated with University of Rochester School of Medicine and Dentistry, Rochester, NY. One year clinical training in specialty setting focusing in evaluation, treatment and short-term rehabilitation of acute and chronic mechanical spinal pain.
- 2001 - 2002 **Saint Joseph's Multi-Disciplinary Clinic** - *Rochester, NY.*
Affiliated with Strong Memorial Hospital, Rochester, NY. One year clinical training in a multi-disciplinary setting focused on co-managing musculoskeletal related health conditions.
- 1995 - 1999 **Saint Joseph's Hospital Clinical Laboratory** - *Elmira, NY.*
Medical Technologist

HOSPITAL AFFILIATIONS

- 2016 - Present **St. Vincent Charity Medical Center** - Appointed to Medical Staff.
- 2006 - Present **Mercy Regional Medical Center** (Formerly Community Health Partners) in partnership with Physician Consortium of Northern Ohio.
- 2004 - Present **Fairview Hospital** (Cleveland Clinic Foundation) in partnership with Cleveland Clinic Health Systems Physician Organization.

TEACHING EXPERIENCE

Teaching Assistant: Departments of Anatomy and Radiology - 2001. New York Chiropractic College, Seneca Falls, NY.

LECTURE EXPERIENCE

Sheffield Civic Center - *Sheffield Lake, OH* - 2008. 2nd Annual Women's Health Symposium "Adjust Your Thinking About Women's Health". Physician panel included 2 specialties: Chiropractic Medicine and Family Practice. A Health and Wellness Consultant also presented information on "Health and Wellness in the Home". Topics discussed were: Women and Musculoskeletal Pain, and Immunizations, Vaccinations and Gardasil. A Health and Wellness Consultant also presented information on "The Wellness Home – What Is It?"

Sheffield Civic Center - *Sheffield Lake, OH* - 2007. Sponsored Women's Health Symposium "Adjust Your Thinking About Women's Health". Physician panel included 3 specialties: Chiropractic Medicine, Obstetrics/Gynecology, and Family Practice. Topics discussed were: Musculoskeletal Pain in Women, Menopause/Hormone Replacement Therapy and Nutrition/Osteoporosis.

Brookside High School - *Sheffield, OH* - 2007. Presented and co-sponsored Health/Sports Symposium for student athletes and parents. Physician panel included 4 specialties: chiropractic medicine, pediatric medicine,

family medicine and orthopedics. Dr. Montgomery presented on the topic of "Sports Related injuries of the Neck and Shoulders, and Methods for Prevention".

Avon Lake Health Center/Community Health Partners - *Avon Lake, OH* - 2006. "Non-Surgical Management of Low Back Pain". Review of clinical indications, patient selection criteria and treatment options/approach from a chiropractic perspective to medical support staff.

Premiere Dental Group - *Avon Lake, OH* - 2006. "Has Dentistry Become a Pain in the Neck". Treatment strategies for dental staff to prevent and self-manage common ailments experienced in dentistry.

WestShore Primary Care - *Avon, OH* - 2006. "Pain Management Options for the Primary Care Provider". A review of the indications, rationale, techniques and outcomes of spinal manipulation and myofascial therapy presented to 4 medical physicians and 5 support staff.

Brookside High School Athletic Department - *Sheffield, OH* - 2005. "Body Mechanics and Athletic Conditioning" - 2005.

Bryant and Stratton College - *Parma, OH* - 2003 & 2004. "The Effects of Biomechanics on Lower Back Pain". Guest lecturer to Medical Assistant and Medical Coding classes.

National Chiropractic Legislative Conference (NCLC) - *Washington, DC*. March 6, 2002.

New York Chiropractic College - *Seneca Falls, NY*. 2001 **Grand Rounds Presentation**
"Diagnosis of Thoracic Outlet Syndrome and Effective Conservative Management" - A case study.

SEMINARS ATTENDED

The Spine, Concussion and Team Physician Concepts - 2018. Sponsored by Northeast Academy of Chiropractic and Southern California University of Health and Science.

Chiropractic Management of Extremities - 2018. Sponsored by Northeast Academy of Chiropractic and Southern California University of Health and Science.

Emergency Procedures - 2018. Sponsored by Northeast Academy of Chiropractic and Southern California University of Health and Science.

Correlate of Case Studies and Sports - 2018. Sponsored by Northeast Academy of Chiropractic and Southern California University of Health and Science.

Myofascial Trigger Point Dry Needling - 2017. Sponsored by University of Western States.

Rocktape FMT Basic - 2017. Sponsored by New York Chiropractic College.

Dry needling: Applications & Clinical Rationole - 2016. Sponsored by Northeast Academy of Chiropractic.

Head Trauma & Concussion - 2016. Sponsored by Northeast Academy of Chiropractic.

Bracing of Lumbar Spine and Knee (Ossur DME) - 2016. Sponsored by Northeast Academy of Chiropractic.

Recognition, Treatment and Prevention of Concussion in Sports - 2015. Sponsored by Northeast Academy of Chiropractic.

Gait Analysis - 2015. Sponsored by Northeast Academy of Chiropractic.

Vitamin D Deficiency in a Musculoskeletal Practice - 2015. Sponsored by Northeast Academy of Chiropractic.

Spinal Deformities: Thoracolumbar Kyphosis and Scoliosis - 2015. Sponsored by Northeast Academy of Chiropractic.

Graston Technique - 2014. Sponsored by New York Chiropractic College.

The Anti-Inflammatory Diet-A DeFlaming Program - 2014. Sponsored by Northeast Academy of Chiropractic.

UH Regional Hospitals Spine Symposium: Current Trends in Integrative Care - 2013. Sponsored by National University of Health Sciences.

Appropriate Protocols for Pain Management and Injection - 2013. Sponsored by Ohio State Chiropractic Association.

Sports Injuries of Professional Baseball Athletes - 2013. Sponsored by Northeast Academy of Chiropractic.

MRI Review Sports Injuries Spine./Shoulder - 2013. Sponsored by Northeast Academy of Chiropractic.

Official Disability Guidelines (ODG) - 2013. Sponsored by Northeast Academy of Chiropractic.

Physical Performance Testing and Rehabilitation of the Spine - 2012. Sponsored by Northeast Academy of Chiropractic.

Impairment Rating for Disability Evaluation - 2011. Post-graduate program sponsored by National University of Health Sciences.

Manipulation Under Anesthesia - 2009. Post-graduate program sponsored by National University of Health Sciences.

Radiology and MRI Review - 2008. Sponsored by Northeast Academy of Chiropractic.

Electrodiagnostics - 2007 Sponsored by Palmer Chiropractic College.

MRI of Disc Pathology - 2007. Sponsored by Northeast Ohio Academy of Chiropractic.

Advanced Orthopedic and Neurological Evaluation - 2007. Sponsored by Texas Chiropractic College.

Exercise Strength and Conditioning - 2006. Sponsored by Texas Chiropractic College.

Nutrition and Sports Injuries - 2006. Sponsored by Northeast Ohio Academy of Chiropractic.

Sports Injury Evaluation and Management: The Management of Common Athletic Injuries - 2006. Co-Sponsored by ChiroHealth and Northeast Ohio Academy of Chiropractic. Presented by Cleveland Clinic Foundation, University Hospitals and Merrick Spine Center.

Sports Injuries (Injury Mechanism, Evaluation and Management) - 2005. Texas Chiropractic College.

Diagnosis and Management of Cervical Trauma and Whiplash Related Disorders - 2005. New York Chiropractic College.

Role of Pain Management in Treatment of Low Back Pain. MRI Spine Review - 2005. presented by Cleveland Clinic Foundation.

Charrette Extremity Adjusting Protocols - 2004. National University of Health Sciences.

Assessment of Sacroiliac Joint Disorders and Conservative Management of Chronic Low Back Pain Following Spinal Trauma - 2003. New England Spine Institute, Inc. and New York Chiropractic College.

Advances in the Assessment and Treatment of Lumbar Stenotic and Posterior Element Syndromes - 2003. New England Spine Institute, Inc. and New York Chiropractic College.

Chiropractic and Rehabilitation - 2003. Cleveland Chiropractic College.

Advances in The Pathological Lumbar Intervertebral Disc-Syndromes, Evaluation and Management - 2002. New York Chiropractic College.

CERTIFICATION/LICENSURE

Licensed Chiropractic Physician: Ohio # 3302

National Board of Chiropractic Examiners: Parts I, II, III and Physiotherapy, and IV (Clinical Competency).

Board Certified by the American Chiropractic Board of Sports Physicians (ACBSP™) as a Certified Chiropractic Sports Physician (CCSP®)

Graston Technique® M1 and M2 Certified

Rocktape® FMT Basic

Adult and Pediatric First Aid / BLS / CPR / AED Certified

PROFESSIONAL MEMBERSHIPS

American Chiropractic Association

Northeast Ohio Academy of Chiropractic

ACADEMIC DISTINCTIONS

Member Phi Chi Omega Chiropractic Academic Honor Society

Distinguished Service Award - New York Chiropractic College