

# Rebecca Bauer DC, MSACN, BSc, CES

## EDUCATION

### **Doctor of Chiropractic**

New York Chiropractic College, Seneca Falls, NY, 2017

- 4.0 GPA
- Consecutively named to New York Chiropractic College's Dean's List
- Member Phi Chi Omega Chiropractic Honor Society
- President of the Class of July 2017 and the Canadian Chiropractic Club
- Peer Mentor
- Distinguished Service in Basic Sciences Award
- Diagnostic Imaging Award
- Deans Recognition on National Boards Award
- Ernest G. Napolitano Award for Leadership

### **Master of Science in Applied Clinical Nutrition**

New York Chiropractic College, Seneca Falls, NY, 2020

- 4.0 GPA

### **Bachelor of Science**

Brock University, St. Catharines, ON, Canada, 2014

Concentration in Biomedical Sciences

- Published undergraduate thesis regarding various treatments for osteoarthritis of the knee "Comparing Hyaluronic Acid, Platelet-Rich Plasma, and Mesenchymal Stem Cells in the Treatment of Osteoarthritis of the Knee".

## CLINICAL EXPERIENCE

### **Clinical Educator/IPE Coordinator and Assistant Professor** January 2023-Present

Northeast College of Health Sciences, Seneca Falls, NY

- Create and conduct round robin sessions for 8<sup>th</sup> and 9<sup>th</sup> trimester clinic students.
- Prepare and conduct the OSCE and Clinical Competency Exams for clinic students/
- Provide oversight of all Seneca Falls chiropractic clinical students educational experiences.
- Identify and develop opportunities for students to experience IPE in all clinical locations.
- Clinician at Hobart William Smith rotation, working collaboratively with the sports medicine department and athletic trainers, to treat the student athletes.
- Course director of Evidence Based Clinical Case Management and Clinical Nutrition courses.

### **Faculty Clinician and Instructor** September 2020 – January 2023

Northeast College of Health Sciences, Seneca Falls, NY

- Clinician in the Campus Health Center, overseeing patient care and acting as a mentor for student clerks. Conduct seventh trimester orientation and ChiroTouch training.
- Effectively use D2L and zoom platforms to deliver presentations and course content.
- Alternate lead instructor for Patient Assessment II labs and Ergonomics elective.
- Oversee student research project commencing September 2022.
- Course director for Patient Education, where I redeveloped the entire course.
- Assist the lead instructor in various lab courses such as laboratory diagnosis, general diagnosis, evidence based clinical case management, patient assessment, as well as various chiropractic technique courses.

### **Clinical Nutrition Teaching Fellow** September 2017 – August 2020

New York Chiropractic College, Seneca Falls, NY

- Work as a Clinician in the Campus Health Center, overseeing patient care and acting as a mentor for student clerks.
- Serve as the Clinician for the Hobart William Smith College rotation, working in an integrated environment with the sports medicine team, to treat all collegiate athletes.
- Lead and/or assist the lead instructor in various lab courses such as laboratory diagnosis, general diagnosis, ergonomics, evidence based clinical case management, patient assessment, as well as various chiropractic technique courses.
- Work towards the Masters of Clinical Nutrition degree.

**Chiropractor** September 2017 – January 2023

Sports Chiropractic And Performance (S.C.A.P.) Centre, Niagara Falls

- Perform new patient examinations and provide chiropractic care to patients of all ages, with an emphasis on athletes.
- Practice alongside various chiropractors, as well as a physiotherapist, sports medicine doctor and massage therapist.
- Perform nutritional consultations/evaluations and provide dietary and supplement recommendations.
- Analyze, fit and sell medical devices, braces, and orthotics.
- Member of the Functional Integrated Therapy (FIT) Institute, as well as Athletes Care.

**Races**

- Supervise students as they perform focused histories and examinations, and provide chiropractic treatment to the competitors.

## **PRESENTATIONS**

**“Myofascial Cupping, Compression Band Therapy and Taping Techniques”**

- Conducted a two hour presentation with CE credit for the 2022 Alumni weekend at Northeast College of Health Sciences.

**Myofascial Cupping and Taping** March 2022 - October 2022

- In-service for all faculty at Northeast College of Health Sciences, as well as various in-person sessions to train and educate faculty and students on cupping and taping.

## **CONTINUING DEVELOPMENT**

**Clinical Teaching Certificate**

- Online course used to introduce the basic theories, ideas, and tenets of teaching and learning in higher education.
- Online course intended to provide an opportunity for clinical educators to expand and improve upon clinical teaching skills, including performance-based activities applicable to everyday clinical situations in the educational setting.

**Process of Integrating Evidence (PIE) Conference**

- Three day intensive conference consisting of presentations and workshops, in order to improve teaching and incorporate more evidence into classroom and clinical teachings.

**Functional Integrated Acupuncture**

- Intense 200 hour didactic and hands-on seminar focusing on diagnosis of musculoskeletal conditions and treatment of trigger points, chronic pain, acute injuries, and sports-specific injuries using acupuncture and dry needling.

**McKenzie Methods of Mechanical Diagnosis and Therapy Part A**

- A hands-on intensive 3-day course focusing on an introduction to the concepts and applications of the McKenzie Method of Mechanical Diagnosis and Therapy, focusing on the lumbar spine

### **McKenzie Methods of Mechanical Diagnosis and Therapy Part B**

- A hands-on intensive 3 day course focusing on the cervical and thoracic spine, utilizing the same concepts and teaching format as Part A.

### **Corrective Exercise Specialist Certification by NASM**

- World-renowned program with a four-step process to help improve and correct frequent movement compensations with progressive corrective exercise programs and integration.
- Human movement expert creating exercise programs, improving recovery, and enhancing fitness and movement goals.

### **Performance Optimization Certification**

- Hands-on 2-day course learning how to use tissue and functional assessments to identify dysfunctional biomechanics, as well as abnormal tension in the fascial matrix that may be further contributing to dysfunction and impairing optimal performance.

### **Accelerating Recovery: Exploring the Synergy of Comprehensive Sports Rehab and Shockwave Therapy Certification**

- Hands-on course integrating rehab with shockwave therapy for common sports injuries/conditions.

### **Shockwave Masterclass Certification**

- Hands-on 2-day course focusing on the background of shockwave, different types of units, indications for each, and treatment protocols for various conditions, using both the focused and radial shockwave.

### **Fascial Manipulation Level I**

- Online and in-person hands-on seminar to understand the human fascial system, how to assess it and treat with the Fascial Manipulation method.

### **MyoMatrix Release 3D Technique Certification for Upper and Lower Quadrant**

- Two separate weekends of a hands-on two-day seminar by the FIT institute focusing on soft tissue skills to develop and enhance clinical knowledge and skills necessary to diagnose and treat soft tissue pain and dysfunction.

### **Fascial Abrasion Technique (FAT) Certification**

- Identify and treat aberrant tissue tension in the body, using palpation and the instrument, as well as treatment protocols for each area to normalize tissue tension.

### **Performance Synergy Taping Certification**

- Identify abnormal movement patterns, as well as overactive/underactive musculature, and apply the tape to help inhibit or facilitate respective musculature to normalize biomechanics.

### **RockPods Certification**

- Integrative seminar focusing on skin/fascial decompression to improve tissue mobility, enhance movement and modulate pain with the use of myofascial cups.
- Explore the use of cupping for rehabilitation and performance.

### **Compression Band Therapy Certification**

- Integrative seminar focusing on skin/fascial compression and shearing to improve tissue mobility, enhance movement and modulate pain with the use of compression bands.
- Explore the use of compression band therapy for rehabilitation and performance.

### **Performance Manual Therapy Education Series**

- Two-part hands-on class reviewing pre-event and post-event manual therapy techniques for athletes, as well as cupping, taping and compression band therapy.

### **Athlete Assessment and Management**

- Hands-on course focusing on proper assessment and management of athletes, including soft tissue and adjusting procedures

### **Manipulation: Spine and Extremities with Dr. Len Faye**

- Hands-on intensive adjusting course with the founder of Motion Palpation, Dr. Len Faye.

### **Functional and Kinetic Treatment with Rehab (FAKTR) Certification**

- Interactive hands-on seminar focusing on evidence-based techniques and protocols to assess, diagnose, and treat disorders and injuries of the musculoskeletal system, using soft tissue, rehab and taping concepts

### **Kinesiology Taping Redefined: Introduction to Functional Movement Techniques**

- Webinar focusing on functional taping methods to improve movement performance, including a review of supporting literature for rehab and performance taping, edema control taping, and proprioceptive taping to enhance posture.

### **Dynamic Tape Instructor Certification**

- Integrative seminar focusing on biomechanical taping techniques for muscle off-loading and stability, in addition to teaching techniques in order to host our own seminars.

### **RockTape Level 1&2**

- Integrative seminar based on taping techniques for various postural derangements and myofascial pain conditions.

### **IRB Training Certification**

- CITI program training for human subjects research in biomedical foundations.

### **Basic Whole Foods Nutrition Symposium, 2019 and 2021**

- Certificate issued by Standard Process after completing one weekend of interactive nutrition seminars at the Nutrition Innovation Center in North Carolina, as well as at the Standard Process farm/facility in Palmyra Wisconsin.

### **Anti-Inflammatory Diet & Herbal Support for Clinical Practice**

- Webinar focusing on gut health, inflammation and immune support, through dietary and supplement support.

### **Nutrition for Chronic Pain Management**

- Webinar emphasizing dietary patterns and supplement recommendations for chronic pain management in a clinical setting.

### **Northeast College of Health Sciences Alumni Weekend and Research Symposium**

- Attended live and web based seminars every year

### **Motion Palpation Full Spine Seminar**

- Hands-on workshop focusing on assessment and treatment of the entire spine through accurate palpation and adjustive procedures.

### **Motion Palpation Mastering Gait Seminar**

- Weekend course targeting analysis of gait and biomechanics of the lower extremity, as well as treatment utilizing chiropractic adjustments and orthotics.

### **Chiropractic Management of the Pregnant Patient**

- Elective course encompassing specific techniques for pregnant patients, such as Webster and Drop table, as well as modifications for diversified techniques.

### **Advanced Cases in Chiropractic Imaging**

- Elective course exploring the imaging characteristics of complex and unusual cases including uncommon musculoskeletal and visceral pathologies, such as trauma, neoplasms, metabolic, arthritic, dysplastic, infectious and vascular conditions.

### **Custom Stabilizing Orthotics**

- Elective course that discusses conditions, movement patterns, and the uses and benefits of orthopedic appliances, used to support, align, prevent or correct deformities.

### **Sports Injury Management**

- Elective course integrating first aid for sports injuries, taping and wrapping procedures, into the prevention, diagnosis, immediate management, and rehabilitation of commonly

encountered injuries.

### **Sacro Occipital Technique**

- Detailed practical course allowing for proficiency in the basic principles of Sacro Occipital Technique.

### **Concussion & Head Trauma in the Athlete**

- Elective course presenting the most current information and best practices relating to concussions and complications involved in head injuries, with an emphasis on the athlete, to assist in recognition and proper management of traumatic brain injuries including concussions.

### **ConnectX**

- Elective course centering on the treatment of myofascial conditions with instrument assisted soft tissue techniques.

### **SmartTools**

- Two-day seminar focusing on assessment and treatment of myofascial conditions with instrument assisted soft tissue techniques.

## **LICENSES AND CERTIFICATIONS**

### **National Board of Chiropractic Examiners**

- Parts I, II, III and IV completed.
- Physiotherapy completed.

### **New York State Chiropractic License**

### **Canadian Chiropractic Examining Board**

- Parts A, B and C completed.

### **Ontario Chiropractic License**

### **Corrective Exercise Specialist**

- Certified by NASM

### **Functional Integrated Acupuncture**

- Certified by the FIT institute

### **Clinical Teaching Certificate**

- Northeast College of Health Sciences (formerly New York Chiropractic College)

### **Performance Optimization Certificate**

- Certified by the FIT institute

### **Rockpods Myofascial Cupping Certificate**

- Certified by RockTape

### **Compression Band Therapy Certificate**

- Certified by RockTape

### **RockTape Level 1&2**

- Certified by RockTape

### **Dynamic Tape Instructor Level Certificate**

- Certified by Dynamic Tape

### **Shockwave Level I and II Masterclass Certificate**

- Certified by the Academy of Shockwave Excellence

### **MyoMatrix Release 3D Technique Certificate**

- Certified by the FIT institute

### **FAT Tool Certificate**

- Certified by the FIT institute

### **Synergy Performance Taping**

- Certified by the FIT institute

### **Fascial Manipulation Level I**

- Certified by Hands-On Seminars and Stecco  
**IRB Human Subjects Research Certification**
- Certified by CITI Program  
**CPR and First Aid Provider**
- Certified by American Red Cross  
**Advanced Certification in Customized Orthotics**
- Certified by New York Chiropractic College and Foot Levelers  
**Advanced Certificate in Sports Science and Human Performance**
- Certified by New York Chiropractic College  
**SmartTools Level 1**
- Certified by Smart Tools Inc.

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