

# Alex Coleman

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## Education

Logan University, College of Chiropractic, Chesterfield, MO  
Doctor of Chiropractic 2019-2022  
graduated December 2022

### *Techniques:*

Diversified, 150 hours

Logan Basic, 100 hours

Activator, 50 hours

### *Licensure or Certifications:*

National Boards Part III, IV, & PT 2022

100 hour Acupuncture Certification 2022

25 hour Dry Needling Certification 2022

National Boards Part II 2022

CPR 2021

Red Cross First Aid 2021

AED 2021

National Boards Part I 2021

Certified Strength and Conditioning Specialist 2019

Logan University, College of Health Sciences, Chesterfield, MO  
Master of Science, Sports Science and Rehabilitation graduated 2022

University of Montevallo, College of Arts & Sciences, Montevallo, AL  
Bachelor of Science, Interdisciplinary Studies graduated 2019

### *Research:*

Tactical Breathing to improve Joint ROM. Outcome: significant improvement in thoracic rotation and cervical rotation after 6 week implementation of diaphragmatic breathing protocol. (Not published)

## Continuing Education

2022 R2P Symposium 2022

Motion Palpation Institute: Mastering Gait, Dr. Tom Michaud 2021

McKenzie B, Dr. Jonathan Soltys 2021

Rethinking Running Rehab Part B, Dr. Beau Beard 2021

Motion Palpation Institute: Full Spine, Dr. Brett Winchester 2021

2021 R2P Symposium	2021
McKenzie A, Dr. Jonathan Soltys	2021
Dynamic Neuromuscular Stabilization A, Dr. Brett Winchester	2020
Dynamic Neuromuscular Stabilization B, Dr. Brett Winchester	2020
Rethinking Running Rehab Part A, Dr. Beau Beard	2020
2020 Virtual R2P Symposium	2020
Complete Concussion Management: Module 1, Dr. Cameron Marshall	2020
Motion Palpation Institute: Mastering Gait, Dr. Tom Michaud	2019

### **Professional Experience**

*Logan University, College of Chiropractic, Chesterfield, MO* 2021  
*Student Intern, Montgomery Student Health Center*

- Provide patient centered care for students and outpatients by virtue of chiropractic adjustment, therapeutic modalities, and active rehabilitation exercises.
- Create daily SOAP notes, treatment plans, and store patient information utilizing the University's Electronic Health Records in complying with HIPPA standards.
- Assess patient outcomes at the end of each trial of care using objective outcome measures.

*Back Pain Center, O'Fallon, MO* 2021-2022  
*Student Shadow*

- Weekly observation of history intake, examination, intervention, and treatment of patients with Dr. Ryan Brinker during trimesters 5-8.

*The F.A.R.M. (Functional Athletic Rehabilitation and Movement)* 2018  
*Internship, Birmingham, AL*

- Observed chiropractors, Drs. Beau and Sloan Beard, at their private practice
- 90 contact hours
- Completed Intern Assignments designed by these practitioners
- Documented experiences and learned knowledge in a daily journal

### **Honors and Distinctions**

*Logan University Dean's List* 2019-2022

## Co-Curricular Experience

- Rehab2Podcast Co-Host* 2022-present
- Co-host and record podcast episodes with two chiropractic students and special guest speakers geared toward prospective chiropractic students, current students, and recent graduates.
- R2P National Student Executive Board President* 2021-2022
- Liaison between R2P Student Representatives and R2P Board of Directors in organizing club events, direction, and progression of our organization
  - Conduct monthly meetings with Student Executive Board members
- Virtual Running Coach* 2021-present
- Create personalized running, biking, and resistance training programs for athletes nationwide via online platforms
  - Biweekly communication with athletes to discuss progress and future training plans
- Back Pain Center Racing Team, Runner* 2021-2022
- Represent Back Pain Center in local road races including the Thirsty Thursday Summer 5k Series, July 4<sup>th</sup> Firecracker 10k, and MoCowbell Half Marathon.
- Rehab 2 Performance Club Representative/President* 2020-2022
- Presents to DC students during common hour twice weekly on topics of assessment, diagnosis, and treatment of MSK conditions through the lens of active care.
  - Attends seminars to gain knowledge and share through club presentations
  - Served as Club President from August 2020-August 2021
- Logan University Peer Tutor* 2020-2022
- Began tutoring DC students in trimester 4 in the subjects of Biochemistry, Anatomy, Functional Anatomy, Diagnostic Imaging, Physiology, and Microbiology