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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. 2<sup>nd</sup> 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).

Certified Chiropractic Sports Physician

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