

Dr. Benjamin Frank Adams, DC

Profile

Offers patient care within interdisciplinary setting and co-management with Medical providers
Demonstration of operation management, organization, and planning
Ability to acknowledge challenging situations and respond accordingly
Effective use of evidence-based treatment and utilization of the bio-psychosocial model
Analyze clinic metrics and performance indicators

PROFESSIONAL DEVELOPMENT

Nasal Release Technique
Titleist Performance Institute Level 1: Pro-athlete Golfers
Functional Dry Needling level 1 44 hour course
Fundamentals of California's Workers Comp system QME certification course

PERSONAL EXPERIENCE

Pro Performance Chiropractic-Denver, Co

May 2023-May2024

Chiropractor

- Sports medicine / Personal injury clinic
- Co-management with Medical Providers and Personal Injury Attorneys
- Subcontracted with spinal cord injury center to provide chiropractic soft tissue dry needling to patients with sensory and motor deficits.
- Social Media video editing and production
- Adjunct techniques include: diversified technique, dry-needling, soft tissue mobilization, spinal decompression and class IV laser

Whole Health Chiropractic- Santa Monica, Ca

July 2021-May 2023

Chiropractor

- Wellness / Performance based setting
- Formulating treatment plans for a cash based practice
- Co-management with Massage therapy and Pilates
- Longer treatment times include Graston/ART
- TPI Golf Level 1: detailed analysis of golfer's swing and addressing physical limitations

Sina Urgent Care – Woodland Hills, Ca

January 2020- December 2022

Chiropractor in Urgent Care and Pain Management Clinic

- Intaking evaluations for musculoskeletal pain, headaches, acute motor vehicle accidents, personal injury cases, and worker's compensation claims
- Comprehensive evaluation and management of spinal related disorders and pain management
- Evaluation and management of acute and chronic pain patients alongside primary care physicians
- Nutrition consultation and CBC diagnostic evaluation
- Prescription and management of self-directed home care guidelines

Back in Balance Health Center- Montrose, Ca

January 2020- December 2021

- Consistent approach allowing patients to return to functional activity
- Earnest desire to be of service and dedicated professionalism
- Emphasis on educating patients through a self-directed therapeutic exercise program
- Ergonomic consultations and preventative education

The Joint Corporation- Los Angeles District

November 2019- May 2020

- Chiropractic manipulation therapy administered in high volume clinics
- Postural advice through a preventative approach
- Earnest desire to be of service and dedicated professionalism
- Diversified Chiropractic techniques to match the needs of the patient

Health Atlas: Integrated medicine - Santa Monica, Ca

July 2019-September 2019

Extern Field Training Program: Dr. Wayne Higashi DC, ATC, Dr. Stephanie Higashi DC

- Primary care physicians, Doctors of Osteopathy, Physical Therapists, Acupuncturists, and Massage Therapists
- Chiropractic notes, record keeping and report analysis
- Imputing and understanding billing charges, ERA, EFT and EOB's
- Conversing with insurance companies regarding covered services or disputed charges

EDUCATION & PROFESSIONAL DEVELOPMENT

Palmer College of Chiropractic West - San Jose, California 2015-2019

Evidence based approach to patient care

Preceptor Field Training Program: Dr. William H. Hoffman, Jr. DC, MPH, CCSP

Community outreach for geriatric services at long term care facilities

Community outreach for homeless population at Home First San Jose

Bachelors in Kinesiology, State University of New York at Cortland

Volunteer at the Cortland County YMCA Children's Health Promotion Program under the direction of Professor Philip Buckenmeyer

Personal Fitness Instructor, NASM Cert.

Fit Club Vice President

AFFILIATIONS/PROFESSIONAL DEVELOPMENT

Athens Chiropractic Clinic- San Carlos, Ca 2017-2018

Myofascial Release Assistant

Facilitated patient care in a high-volume practice under direction of the Dr. Jerry Patrignani, DC

In-Depth knowledge of Medical Terminology and Professional Ethics

Volunteer at Rehabilitation Center, New Paltz, NY 2013

Neuromuscular Rehabilitation and Therapeutic Exercises for the elderly

References

- Dr. Kapil Moza, MD, F.A.C.S. (805) 497-3622
- Dr. Ali Kia, MD, Internist (702) 464-5907
- Dr. Vishal Thakral, DO, Physical Medicine (805) 370-6877