

# Scott Ford Gillman, DC, DACBSP

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## CLINICAL PRACTICE PROFILE

- Chiropractic Sports Medicine
- Spine and Extremity Joint Manipulation
- Soft Tissue Therapies including Graston Technique™, FAKTR™, Deep Tissue Release
- Dry Needling/"Neuropuncture"
- Shockwave Therapy
- Class-4 Laser
- Spine-Disc Decompression
- Custom Foot Orthotics
- Nutrition Guidance
- Exercise Training
- Kinesiologic Taping

*32 Years Developing Expertise In Chiropractic Spine And Sports Medicine*

*Including a Chiropractic Sports Medicine degree and Field Experience at Olympic and international Sports Venues*

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## PROFESSIONAL EXPERIENCE

**GILLMAN CHIROPRACTIC, PC, Natick, MA, Owner-CEO**

1991 – Present

Our respected, well-established practice provides frontline care to athletes and non-athletes with a broad range of musculoskeletal conditions. Physical examination of all joint systems utilizes orthopedic/neurologic, functional movement and strength tests as well as in-depth soft tissue diagnosis. This segues into multimodal manual treatment, adjunctive therapies, and the ability to triage patients to the most appropriate imaging and medical specialists. We are the benchmark of an effective *musculoskeletal primary care* pathway in the healthcare community.

### Medical Provider Covering Domestic and International Events (not a complete list)

- **National Collegiate Taekwondo Championships, 2022; Marlboro, MA**
- **22<sup>nd</sup> Central American and Caribbean Games 2014, Veracruz, Mexico** Track & Field Venues
- **World Games 2013, Cali, Colombia** Medical provider at dancesport, gymnastics, hockey and ultimate (Frisbee) venues, athletes from 40+ nations
- **Pan American Games 2011, Guadalajara, Mexico** Medical provider in the polyclinic and on-site at karate, judo, volleyball and gymnastics
- **U.S. Olympic Training Center, Colorado Springs, Colorado June 2010** Volunteer rotation, clinic and field
- **USA Gymnastics VISA Championships 2008; Boston MA; medical team.**
- **Olympic Games, Beijing, China 2008** Provider at the World Olympians Association on-site clinic
- **Brestyan's Invitational** Annual gymnastics event hosted by the Brestyan's American Gymnastics Club 2015-2019. Medical coordinator providing on-site sports medicine and chiropractic care for competitive and elite gymnasts
- **CrossFit Northeast Regionals 2013 and East Coast Championships 2014** Medical provider
- **Penn Relays 2009-2012** Jamaican Track and Field Team; University of Pennsylvania.
- **Champions City-to-City Tour 2009** USA Gymnastics sponsored, Boston. Provider to athletes and staff
- **Boston Renegades USL Women's Division-1 Soccer League 1999–2004** Official Team Chiropractor, providing on-field care and team physical exams
- **International Powerlifting Association World Championships: 2004, Miami, FL and 2008, St. Johns, Canada**

**Previous Employment:** Senior Pharmacology Tech', Nova Pharmaceutical Corp, Baltimore, MD 1983 –86

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## CREDENTIALS / EDUCATION

**Doctor of Chiropractic**, 1989 Northwestern College of Chiropractic

**Diplomate of the American Chiropractic Board of Sports Physicians**, 2004

**Bachelor of Science, Biology**, 1983 Richard Stockton College of New Jersey

**Certifications:**

- Medical Examiner, US Department of Transportation;
- International Chiropractic Sports Sciences Diploma;
- Others: Acupuncture (100 hr), Dry Needling; Graston Technique®; FAKTR®;

**Additional Courses (a partial list):** Active Release Technique®; Fascial Manipulation®; Functional Taping; Sports Rehab; Sports Nutrition; Extremity Joint Manipulation;

## PROFESSIONAL AFFILIATIONS PAST AND PRESENT

- American Chiropractic Association; Massachusetts Chiropractic Society; Fédération Internationale de Chiropratique du Sport (FICS);
- Palmer College of Chiropractic, Florida. Adjunct faculty member, Preceptorship Program, 2010
- Metrowest Chamber of Commerce Board of Directors, 2000 -2006

## ARTICLES / PRESENTATIONS / PUBLICATIONS

- Lectures and Presentations (a partial listing)
  - \* National Health Sciences University: Lecture and Hands-On Workshop, 2023
  - \* MA Workers' Comp Care, Annual Symposium. Presenter: 2015, 2016 and 2017
  - \* Boston Health and Fitness Expo, Boston MA. Presentation: Chiropractic for Athletes, 2013
  - \* New England Sports Medicine Council. Evaluating Hip Pain in Athletes: lecture and workshop, 2012
  - \* Northeastern University. Kinesiological Tape Workshop for the Athletic Training staff, 2011
  - \* Back Safety Program, Framingham Fire Department. Lecture and instruction, 2010
  - \* USA Gymnastics National Congress, Hartford, CT: Conservative Treatment of Sports Injuries, 2010.
  - \* Grand Rounds: MetroWest Medical Center (Natick and Framingham) 1994, 1997;
  - \* Several medical group lectures
- Publications
  - \* "Long-lasting Analgesic Effect Of Oxymorphanazine In Rats." Steranka, Lr, S. Gillman, And R. Loftus. *Federation Proceedings*. Vol. 44. No. 5., Federation Amer Soc Exp Biol, 1985.
  - \* "Work Related Injury," The Hanover Report June 1993
  - \* "The Impact of Chiropractic Manipulative Therapy on Chronic Recurrent Lateral Ankle Sprain Syndrome in Two Young Athletes," *Journal of Chiropractic Medicine* 2004
  - \* "Why Athletes Need Sports Chiropractors," *Sports Talk, J. of the ACA Sports Council*, Winter, 2014
- Columnist: 2015-2017, MetroWest Daily News (Framingham, MA): healthcare and sports medicine
- Interests: Ballroom Dancing; Trap Shooting; Road Cycling; Surf Fishing;