

## **Brian C. Mulhall D.C.**

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### ***ACTIVE SPINE & SPORT THERAPY***

3200 Collinsworth St. • Fort Worth, TX 76107 • (817) 332-5353

[www.activespineandsport.com](http://www.activespineandsport.com)

### **EDUCATION**

- **National College of Chiropractic**, Lombard, Illinois
  - Doctor of Chiropractic (April 2001)
  - Bachelor of Science, Human Biology (April 1999)
- **Eastern Illinois University**, Charleston, Illinois
  - Bachelor of Science, Pre Medical Studies (May 1997)

### **POST GRADUATE CERTIFICATIONS**

- Certified Chiropractic Sports Practitioner – CCSP  
*American Board of Chiropractic Sports Physicians*
- Certified Strength and Conditioning Specialist – CSCS  
*National Strength and Conditioning Association*
- Certified in McKenzie Mechanical Diagnosis and Therapy – Cert. MDT  
*The McKenzie Institute, USA*
- Certified in Active Release Techniques; Elite Provider – ART  
*Active Release Techniques, Inc.*
- Certified Kinesio Taping Practitioner - CKTP  
*Kinesio Taping Association*
- Certified Sole Supports Orthotic Practitioner  
*Sole Supports, Inc.*

### **PRACTICE EXPERIENCE**

- **Active Spine & Sport Therapy** - Fort Worth, Texas
  - Owner/President – Chiropractic Sports Practitioner (May 2005 – Present) Complete Musculoskeletal/Sports Injury Care and Rehabilitative Training
- **Active Chiropractic Center** - Flossmoor, Illinois
  - Chiropractic Physician/Office Manager (August 2002 – March 2005) Family care practice with strong sports medicine and rehabilitation emphasis on working with local schools, gyms, running associations and specialty sport instruction groups
- **Churchill Chiropractic Center** - Schaumburg, Illinois
  - Chiropractic Physician (September 2001 – August 2002) Family care practice with strong emphasis in treatment of degenerative joint disease and disc pathologies
- **Gold Chiropractic** - San Diego, California
  - Chiropractic Preceptorship (January 2001 – June 2001) Finished requirements for graduation early and worked with practice to learn office procedures, insurance billing and performed all aspects of patient health care

- **National College of Chiropractic Clinic** - Chicago, Illinois
  - Chiropractic Intern (April 2000 – January 2001) All aspects of patient health care and rehabilitation: physical examination, neurologic and orthopedic evaluation, use of laboratory and radiological procedures/diagnosis, physiotherapy modalities and manipulation
- **Alpha Family Chiropractic** - Chicago, Illinois
  - Chiropractic Assistant (April 2000 – December 2000) Performed physical examinations, x-rays, physiotherapy and office duties

### **CONTINUING EDUCATION/SEMINARS ATTENDED**

- **Certified Chiropractic Sports Physician** – *National Lincoln School of Postgraduate Education – Lombard, IL*
  - Concepts of a Team Physician - *M. Duarte, DC, 2004 – 12 hours*
  - Sports Pre Participation Exam - *M. Duarte, DC, 2004 – 12 hours*
  - Sports Nutrition and Physical Fitness - *D. Richardson, PhD, 2004 – 12 hours*
  - Exercise Biomechanics, Equipment and Rehabilitation - *M. Duarte, DC, 2004 – 12 hours*
  - Management of Injuries to the Upper Extremity - *M. Duarte, DC, 2004 – 12 hours*
  - Emergency Procedures - *M. Duarte, DC, 2004 – 12 hours*
  - Management of Injuries to the Lower Extremity - *M. Duarte, DC, 2004 – 12 hours*
  - Mechanics of Specific Sports Injuries - *M. Duarte, DC, 2004 – 12 hours*
  - Management of Special Populations in Sports and Training - *M. Duarte, DC, 2004 – 12 hours*
- **McKenzie Mechanical Diagnosis and Therapy Certification**
  - The McKenzie Method of Mechanical Diagnosis and Treatment of the Peripheral Joints/Extremities – *Tulsa, OK – 21 hours, 2007*
  - The McKenzie Method of Mechanical Diagnosis and Treatment of the Lumbar Spine – *Lewisville, TX – 28 hours, 2006*
  - The McKenzie Method of Mechanical Diagnosis and Treatment of the Cervical and Thoracic Spine – *Houston, TX – 28 hours, 2006*
  - The McKenzie Method of Mechanical Diagnosis and Treatment - Problem Solving - *Austin, TX – 21 hours, 2006*
  - The McKenzie Method of Mechanical Diagnosis and Treatment – Advanced Problem Solving and Practical Workshop – *Schenectady, NY – 28 hours, 2006*
  - The McKenzie Method of Mechanical Diagnosis and Treatment – Certification Examination and Practical – *Chicago, IL – 2006*
- **Active Release Techniques (ART) Soft Tissue Management System Certification**
  - Elite Provider's Network Practical Examination – *Colorado Springs, CO – 2008*
  - Master's ART Course - *Colorado Springs, CO – 6 hours, 2008*
  - Active Release Techniques in Long Tract Nerve Entrapments – *Austin, TX – 8 hours, 2007*

- Active Release Techniques for the Spine and Practical Examination – *East Rutherford, NJ – 21 hours, 2007*
- Active Release Techniques for the Upper Extremity and Practical Examination – *Dallas, TX – 24 hours, 2007*
- Active Release Techniques for the Lower Extremity and Practical Examination – *Austin, TX - 24 hours, 2006*
- **McKenzie Mechanical Diagnosis and Therapy Clinical Skills Update**
  - St. David's Rehabilitative Center – *Scott Herbowy MSPT – Austin, TX – May 16-17 2009*
- **Integrative Diagnosis – Patient Centered Diagnostic Protocol Development Procedures**
  - Integrative Diagnosis – *William F. Brady, DC – Austin, TX - February 9-10 2008 – 16 hours*
- **Kinesio Taping Practitioner Certification**
  - Kinesio Taping Fundamentals & Kinesio Taping for Upper & Lower Extremity Workshop – *Dallas, TX – 21 hours, 2006*
- **Advances in The Lumbar Spine and Pelvic Syndromes, Evaluation and Management - National Lincoln School of Postgraduate Education – Lombard, IL**
  - The Pathological Intervertebral Disc and its Syndromes - *D. Skogsberg, DC, M. Kowalski, DC, 2005 – 12 hours*
  - Posterior Element Disorders and Lumbar Stenosis - *D. Skogsberg, DC, M. Kowalski, DC, 2005 – 12 hours*
  - Sacroiliac Joint Disorders and Lumbar Spine Trauma - *D. Skogsberg, DC, M. Kowalski, DC, 2005 – 12 hours*
- **Current Concepts in the Evaluation and Treatment of the Endurance Athlete - National Lincoln School of Postgraduate Education – Lombard, IL, 2005 – 12 hours**
- **The Bottom Block – The Foundation of the Kinetic Chain: Certification for the Design and Prescription of Custom Foot Orthotics – Sole Supports – Lombard, IL, 2004 – 12 hours**
- **Graston Technique: Instrument Assisted Soft Tissue Therapy - National Lincoln School of Postgraduate Education – Lombard, IL, 2004 – 12 hours**
- **Kinesio Taping Techniques - National Lincoln School of Postgraduate Education – Lombard, IL, 2004 – 12 hours**
- **Nimmo Trigger Point Therapy and Myofascial Release Techniques - National Lincoln School of Postgraduate Education – Lombard, IL, 2001 – 12 hours**
- **Protect Your Back – Back Safety Instructor Certification - American Red Cross – Oak Park, IL 2001- 12 hours**

## PUBLICATIONS

- **“Clinical Tip Case Study: McKenzie Mechanical Diagnosis and Treatment, Flexion/Rotation – A Group Effort”** – MDT Bulletin of the McKenzie Institute, America Region – 2008 Vol. 1, No. 1
- **“Can You Handle The Truth About Tendonitis?”** – Fort Worth Runners Club Newsletter – November 2007
- **“Can You Handle The Truth About Tendonitis?”** – Fort Worth Bicycling Association Newsletter – November 2007
- **“Can You Handle The Truth About Tendonitis?”** – The Racing Post Cycling Magazine – November 2007
- **“Iliotibial Band Syndrome”** – The Racing Post Cycling Magazine – October 2007
- **“Iliotibial Band Syndrome”** – Fort Worth Runners Club Newsletter – September 2007
- **“Iliotibial Band Syndrome”** – Fort Worth Bicycling Association Newsletter – September 2007
- **“Posture and Lower Back Pain”** – Fort Worth Bicycling Association Newsletter – May 2007
- **“Posture and Lower Back Pain”** – Fort Worth Runners Club Newsletter – May 2007
- **“Self Care Concepts”** – Fort Worth Runner Club Newsletter – April 2007
- **“Self Care Concepts”** – Fort Worth Bicycling Association Newsletter – April 2007
- **“Fascial Adhesions and Sports Performance”** – Fort Worth Runners Club Newsletter – March 2007
- **“Fascial Adhesions and Sports Performance”** – Fort Worth Bicycling Association Newsletter – March 2007

## LECTURES/PRESENTATIONS

- **Injury Prevention/Self Care Strategies and Efficient Running Biomechanics** – Fort Worth Runners Club – October 2009
- **Introduction to Endurance Athletic Injuries** – Fort Worth Running Company, Marathon Training Program – October 2009
- **Efficiency in Running Biomechanics and Injury Prevention** – Tri Cowtown Triathlon Club – October 2009
- **Common Running Injuries and Self Care/Prevention** – Luke’s Locker Marathon Training Program – September 2009
- **Introduction to Endurance Athletic Injuries** – Fort Worth Running Company, Marathon Training Program – June 2009
- **Sciatic Pain in Athletes** – Luke’s Locker Tri-Night – March 2009
- **Common Running Injuries and Self Care/Prevention** – Luke’s Locker Marathon Training Program – 2008
- **Prevention and Treatment for Common Cycling Injuries** – Fort Worth Mountain Bikers’ Association – 2008
- **Sports Injury Concepts for Massage Therapists** Approved by: The Texas Department of State Health Services – Massage Therapy Program.

- *December 5, 2009 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *September 5, 2009 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *June 6, 2009 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *March 14, 2009 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *October 18, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *June 21, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- *February 16, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- **Sports Injury Concepts for Personal Trainers – Lower Extremity Conditions** Approved by: The National Strength and Conditioning Association, The National Academy of Sports Medicine, The American Council on Exercise and The Cooper Institute.
  - *November 15, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
  - *May 10, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- **Sports Injury Concepts for Personal Trainers – Upper Extremity Conditions** Approved by: The National Strength and Conditioning Association, The National Academy of Sports Medicine, The American Council on Exercise and The Cooper Institute.
  - *September 20, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
  - *March 22, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- **New Concepts in the Treatment of Sports Injuries for Athletic Trainers** Approved by: The Board of Certification for Athletic Trainers.
  - *September 6, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
  - *March 1, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- **Sports Injury Concepts for Personal Trainers – Posture and Spinal Conditions** Approved by: The National Strength and Conditioning Association, The National Academy of Sports Medicine, The American Council on Exercise and The Cooper Institute.
  - *July 26, 2008 – Active Spine & Sport Therapy, Fort Worth, TX - 8 hours*
- **Introduction to Endurance Athletic Injuries** – Fort Worth Running Company, Marathon Training Program – 2008
- **Running Injuries and Self Care/Prevention** – Team in Training, Marathon Training Program – 2008
- **Intro to Kinesio Taping and Athletic Injuries** – Tri Cowtown Triathlon Club – 2008
- **Common Running Injuries and Self Care/Prevention** – Luke's Locker Marathon Training Program – 2008
- **Newton Running Shoes and Injury Prevention** – Tri Cowtown Triathlon Club – 2008

- **Prevention of Cycling Injuries and Self Care Concepts** – Fort Worth Bicycling Association – 2008
- **Active Release Techniques and Tendonosis** – Play Tri Triathlon Festival – Irving, Texas - 2008
- **Back Injury Prevention and Arthritis Myths** – Active Older Adults – Ryan YMCA – 2008
- **Common Running Injuries and Self Care/Prevention** – Fort Worth Runners Club – 2007
- **Preventing Pitfalls in Training** – Fort Worth Running Company Marathon Training Group – 2007
- **Resistance Training for the Endurance Athlete** – Trinity Sports Triathlon Training Group – 2007
- **Management of Endurance Athletics Injuries** – Trinity Sports Triathlon Training Group – 2007
- **Tendonitis vs. Tendonosis** – Tri Cowtown Triathlon Training Group – 2007
- **Tendonitis vs. Tendonosis** – Fort Worth Running Company Marathon Training Group – 2007
- **The Evidence-Based Chiropractic Office – An Informative Lecture on Current Concepts of the Profession and Treatment** – Osteopathic Family Medicine, 2006
- **The Evidence-Based Chiropractic Office – An Informative Lecture on Current Concepts of the Profession and Treatment** – Harris Southwest Hospital, 2006
- **The Evidence-Based Chiropractic Office – An Informative Lecture on Current Concepts of the Profession and Treatment** – Fort Worth Family Practice, 2006
- **Injury Prevention and Self Care Concepts for Triathletes** – TriCowtown Triathlon Club, 2006
- **Prevention of Cycling Injuries and Core Conditioning** – Fort Worth Bicycling Association – 2006
- **Running Injury Prevention** – Fort Worth Running Company Marathon Training Group – 2006
- **Current Concepts in Core Conditioning and Functional Training** – Continuing Education Course for Personal Training Staff – Benbrook YMCA – 2006
- **Core Conditioning** – Survivors Tri Harder – Triathlon Training Group – 2006
- **Running Injury Prevention** – Team in Training Marathon Training Group – 2006
- **Low Back Care and Injury Prevention** – Tarrant County College – Health Care Class – 2006
- **Top 5 Running Injuries and Prevention** – Fort Worth Runners Club – 2005

- **The Evidence-Based Chiropractic Office – An Informative Lecture on Current Concepts of the Profession and Treatment** – Baylor All Saints Hospital, 2005
- **Running Injury Prevention** – Homewood-Flossmoor High School – Athletic Trainers – 2004
- **Youth Athletics Injury Prevention and Management** – City of Flossmoor Little League – Coaches – 2003
- **Back Care Class – Proper Biomechanics in Common Activities of Daily Living** – Informative Lecture for Patients – (Biweekly , 2001 – Present)
- **Protect Your Back – Back Safety Instruction** – City of Chicago Water Department – 2001
- **Protect Your Back – Back Safety Instruction** – City of Chicago Streets and Sanitation Department – 2001
- **Protect Your Back – Back Safety Instruction** – City of Chicago Fire Department – 2001
- **Protect Your Back – Back Safety Instruction** – City of Chicago Police Department – 2001
- **Protect Your Back – Back Safety Instruction** – Chicago Hilton Hotel – 2001
- **Protect Your Back – Back Safety Instruction** – Chicago Marriott Hotel – 2001

### **AWARDS**

- **“Best Place to go for a Sports Injury in Texas”** awarded to Active Spine & Sport Therapy - Competitor Texas Magazine, 2008
- **“Best Place to go for a Sports Injury in Texas”** awarded to Active Spine & Sport Therapy - Competitor Texas Magazine, 2007

### **ASSOCIATIONS/AFFILIATIONS**

- American Chiropractic Board of Sports Physicians
- National Strength and Conditioning Association
- American Chiropractic Association
- American Chiropractic Association’s Sports Council
- Texas Chiropractic Association
- National University of Health Sciences Alumni Association
- National Association of Sports Medicine
- American Council on Exercise
- Cooper Institute – Dallas, Texas
- National Athletic Trainers’ Board of Certification
- Active Release Techniques Inc.
- The McKenzie Institute, USA
- Rated HealthCare Inc.
- Kinesio Taping Association

- Tri Cowtown Triathlon Training Club
- Playtri Triathlon/Marathon Training
- Cancer Commandos – Triathlon/Marathon Training
- Benbrook YMCA Community Center
- Team in Training – Fort Worth, TX
- Fort Worth Runners Club
- Fort Worth Bicycling Association
- Fort Worth Mountain Bikers' Association
- Fort Worth Running Company Marathon Training
- Sigma Phi Epsilon Fraternity – Standards Board, Guard – 1993 -1997
- Phi Sigma Fraternity – Biological Honors Fraternity – 1994 -1997