

Curriculum Vitae

Timothy Simansky

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Objective

I strive to learn every day while treating patients with quality, evidence-based care. My goal is to improve people's function so they can resume their daily activities and improve their quality of life.

Education

Diplomate American Board of Chiropractic Sports Physicians (DACBSP)

Additional 200 hours of postgraduate study over CCSP in the diagnosis, treatment, and management of sports related injuries.

Certified Strength and Conditioning Specialist (CSCS)

Postgraduate Study through the National Strength & Conditioning Assoc. encompassing scientific knowledge to train athletes for the primary goal of improving athletic performance.

Doctor of Chiropractic

New York Chiropractic College, Seneca Falls, NY

Bachelor of Science

University of Scranton, Scranton, PA

Concentration in Biology

Pertinent Chiropractic Experience

Associate Physician, Bergen Chiropractic and Sports Rehabilitation '10 - Present

- Multi-disciplinary practice with concentration in treatment and rehabilitation of the athletic population.

Functional and Kinetic Treatment with Rehab (FAKTR), '11 – Present

- Instructor – Instruct post graduate CEU classes ranging from 15-40 members about FAKTR concepts over 16-hour weekend seminars.

Functional Taping for Musculoskeletal Injuries, '11 – Present

- Instructor – Teach post-graduate CEU classes ranging from 15-40 members about a wide variety of functional taping techniques and their application.

New Jersey Chiropractic Council on Sports Injuries and Rehabilitation, '13 – Present

- Treasurer – Balance and organize all transactions of the NJCCSIR

Medical Staff, Reebok CrossFit Games Northeast Regional, '14

- Assisted medical director and provided care under "athlete services" division.

Medical Staff, Reebok CrossFit Games Northeast Regional, '13

- Sideline triage under "medical services" division.

In-house Medical Staff Member, Reebok CrossFit Games '13

- Chiropractic physician assigned to treat all talent during CrossFit Games in Carson California

Team Physician, New York Rebels, '11-'12

- Sideline position attending to injured athletes in the Semi-Professional 5-star Football League.

Medical Staff Member USATF NJ, '11

- Worked within multi-disciplinary medical setting tending to USATF participants.

Continuing Education

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| ♦ Diplomate American Chiropractic Board of Sports Physicians | ♦ FAKTR (Functional and Kinetic Treatment with Rehab Provocation and Motion) <i>Instructor</i> |
| ♦ Certified Chiropractic Sports Physician | ♦ Function Taping for Musculoskeletal Injuries - <i>Instructor</i> |
| ♦ Graston Technique - Certified Modules I and II | ♦ Motion Palpation Institute
– Lumbar & Pelvis Analysis & Adjustive Technique |

Timothy Simansky

- ◆ Myofascial Trigger Point Seminar
- ◆ Activator Methods Technique Modules I, II and III
- ◆ Kensing Taping Certification
- ◆ Rocktape Certification
- ◆ SFMA Certified
- ◆ Motion Palpation Institution
 - Lower Quadrant Functional Assessment & Treatment
- ◆ Motion Palpation Institution
 - Upper Quadrant Functional Assessment & Treatment

Licenses and Certifications

Licensed Doctor of Chiropractic

- State of New Jersey

Certified Strength & Conditioning Specialist

- Certified by National Strength and Conditioning Association

Diplomat of the American Chiropractic Board of Sports Physicians

- Certified by the ACBSP

CrossFit Certified

- Certified Level 1 Trainer, Mobility Certified, Olympic Lifting Certified

National Board of Chiropractic Examiners

- Parts I, II, III, and Physiotherapy completed

CPR and Emergency Cardiac Care Provider

- Certified by American Heart Association

Professional Associations/Affiliations

New Jersey Chiropractic Association

New Jersey Chiropractic Council on Sports Injuries and Rehabilitation

American Chiropractic Association

Graston Technique

FAKTR

Work Experience

Associate Physician, '10 - present

- Multi-disciplinary practice with concentration in treatment and rehabilitation of the athletic population

Function Taping of Musculoskeletal Injuries, '11 - present

- Instructor

FAKTR, '11 - present

- Instructor

Co-Owner/Manager, '04-'07

Shakerz Inc., Scranton, PA

- Shakerz Inc. encompassed three restraint/bar locations
- Acquired managerial and marketing skills in a multi-venue, high pace environment, vital to the future chiropractic ventures

Owner, '01-'07

Oscar's Contracting, Lake Ariel, PA

- Owner of a small contracting business operating during the summer season
- Acquired task management skills necessary to accomplish multiple projects with in a predetermined time frame

References

References available upon request