

Lindsay S. Mumma, DC

Triangle Chiropractic and Rehabilitation Center, PLLC
2011 Falls Valley Drive, Suite 102
Raleigh, NC 27615
t: 919.792.8682
e: lindsaymumma@gmail.com

Profile of Qualifications	Trustworthy, responsible, and dedicated chiropractor, with knowledge and experience regarding human biomechanics from birth through high-level athletic activity Skilled in professional, effective communication Researched-based, patient-centered, functional approach to manual therapy
Education	Palmer College of Chiropractic, Davenport, IA: Doctorate of Chiropractic Graduated June 2011 Clinical Excellence Award Recipient Kent State University, Kent, OH: Bachelor of Arts Graduated December 2007, cum laude Crestview High School, Columbiana, OH: Diploma Graduated May 2004, Valedictorian
Continuing Education 887.25 Hours Total	2021 Courses MPI Spine MPI Spine Parker University Skill-Up MPI Spine 2020 Courses Parker University Skill-Up NCCA Spring Convention <ul style="list-style-type: none">- The Pendulum is Swinging Again- Kinetic Chain from the Ground Up- Communicating Chiropractic: Applying the Science of Chiropractic to Clinical Practice HNS Compliance (Fraud, Waste and Abuse, HIPAA) NCCA Fall Convention <ul style="list-style-type: none">- Clinical Risk Management: Manifestations of COVID19- Supporting Optimal Immune System Health 2019 Courses NCCA Spring Conference (presenter and participant) HNS Compliance Training (Fraud, Waste and Abuse, HIPAA) Managing for Success A Step Further: Improving Quality & Treatment Outcomes & Clinical Care and Risk Management Myofascial Trigger Point Dry Needling A Diagnostic and Treatment Modality for The Manual Medicine Practice MindBridge Neurolinguistic Programming (NLP) Practitioner Training (Modules 4-6) 2018 Courses Dynamic Neuromuscular Stabilization according to Kolar DNS Course for Women's Health VOILA Method Level 1 SORSI Homecoming (Palmer) Cranial Specifics Type 1 and 2 (part 1) Cranial Specifics Type 2 Continued, Type 3 Cranial Specifics Type 5 Chiropractic and Pregnancy SOT, Nursing and Tongue Tie

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Category II - Long and Short Leg Technique, Sacral Cup Technique and clinical Considerations

Trapezius and Gluteal Fibers

Cranial Palpation

Cranial Ranges of Motion

MindBridge Neurolinguistic Programming (NLP) Practitioner Training (Modules 1-3)

2017 Courses

Perinatal Care: Webster Certification (ICPA)

BIRTHFIT Professional Seminar

Chiropractic and Pregnancy 201-211 (OCE)

NC Jurisprudence (OCE)

Boundary Training 101-119 (OCE)

2016 Courses

Dynamic Neuromuscular Stabilization according to Kolar DNS Exercise Course for Exercise Professionals "Part 1" (NCBoCE)

The Women's Health Series: The Reproductive Window; Prenatal Nutrition through Baby Nutrition 1.5 years (NUHS)

2015 Courses

Effectively Managing Blood Sugar and Inflammatory Issues

Practice Management from Preconception through Postnatal and Beyond (NUHS)

2014 Courses

Palmer College of Chiropractic: Functional Applications in Pelvic Rehabilitation: Part A

Palmer College of Chiropractic: Functional Applications in Pelvic Rehabilitation: Part B

Palmer College of Chiropractic: Overview of Mechanical Neurobiology

Palmer College of Chiropractic: Pediatric Spinal Adjusting

NCBoCE: Clinic Radiology Review; Chiropractic and Physiatry; Stress, Structure and Neurology; Chiropractic and Lifestyle

2013 Courses

Palmer College of Chiropractic: Introduction to FAKTR

Palmer College of Chiropractic: Dissection of the Knee: A Comprehensive Layered Analysis

NCBoCE: HIPAA & ICD10, Pediatric Symposium, Nutritional Perpetuators

2012 Courses

NC Board of Chiropractic Examiners: Rules and Regulations

Motion Palpation Institute: Mastering the Gait Cycle (NUHS)

University of Bridgeport: Ethics, Coding and Documentation, and Compliance

2011 Courses

Motion Palpation Institute (MPI) Lumbar and Pelvis (NUHS)

MPI Extremities (NUHS)

MPI Cervical and Thoracic Spine (NUHS)

MPI Cervical and Thoracic Spine (NUHS)

MPI Considerations and Treatment of the Throwing Athlete (NUHS)

McKenzie Institute Cervical Spine Part A and B (NUHS)

Orofacial (TMJ) Rehabilitation (NUHS)

2010 Courses

Motion Palpation Institute Cervical and Thoracic Spine (NUHS)

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	<p>MPI Full Spine Analysis (NUHS) MPI Extremities (NUHS) MPI Lumbar and Pelvis (NUHS) MPI Full Spine Analysis (Females Only) (NUHS) MPI Cervical and Thoracic (NUHS) MPI Full Spine Functional Analysis and Treatment (NUHS) MPI Masters Series Assessment and Treatment of the Disc (NUHS) Reflex Locomotion According to Vojta; Rich Cohen, DC Active Release Technique Upper Extremity (certified practitioner) Advanced Soft Tissue Elective (Graston Technique certified) Dynamic Neuromuscular Stabilization According to Kolar "A" (FAI) Dynamic Neuromuscular Stabilization According to Kolar "B" (FAI) McKenzie Institute Lumbar Spine Part A and B (NUHS) Neurology of Pain; David Seaman, DC (NUHS) 2009 Courses Motion Palpation Institute Full Spine Analysis (Females Only) (NUHS) MPI Extremities (NUHS) MPI Masters Series Gait Analysis (NUHS) MPI Lumbar and Pelvis (NUHS) MPI Cervical and Thoracic Spine (NUHS) MPI Lower Quadrant Functional Assessment and Treatment (NUHS) MPI Full Spine Analysis (NUHS) MPI Full Spine Analysis (Females Only) (NUHS) Pre-Pregnancy, Pregnancy, Birth & Neonatal, Infant (PCC) Scientific & Philosophical Validation of the Chiropractic Wellness Paradigm (ICA) Dynamic Neuromuscular Stabilization According to Kolar "A" (FAI) 2008 Courses Motion Palpation Institute Cervical and Thoracic Spine (NUHS) MPI Extremities (NUHS) Timothy Kaufman, DC's Clinical Assessment Course</p>
Professional Associations	<p>North Carolina Chiropractic Association International Chiropractic Pediatric Association HER Health Collective Expert ClinicalAthlete Shop Local Raleigh</p>

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Work History	<p>Owner, Triangle Chiropractic and Rehabilitation Center, Raleigh, NC – February 2012–Present Motion Palpation Institute Instructor Assistant - April 2020-Present Director, Beautycounter - 2018-Present Neurolinguistic Programming (NLP) Practitioner - 2019-Present BIRTHFIT Professional - 2017-2020 BIRTHFIT Professional Seminar Staff - 2017-2019 COO, BIRTHFIT - 2018-2019 Editor in Chief, BIRTHFIT - 2016-2019 Owner, BIRTHFIT NC - 2017-2019 BIRTHFIT Regional Director– 2014-2019 Initial Clinical Reviewer, CID Management 2012-2016 Certified HypnoBirthing® Practitioner - 2014-2016 Coach, Club Red Volleyball, Raleigh, NC – 2011-2013 Assistant/Volunteer Coach, Sanderson High School Volleyball and Swim Teams, 2011-2013 Intern, Mount Lookout Chiropractic and Sports Injury Center, Cincinnati, OH – February 2011-June 2011 Intern, Department of Rehabilitation, Palmer AHC – March 2010-February 2011 Teaching Assistant, Diagnostic Dept, PT Labs, Palmer College – November 2009-November 2010 Teaching Assistant, Life Sciences Dept, Cellular Physiology, Palmer College – November 2008-March 2010</p>
Publications	<p>Author: <i>The First Trimester</i> <i>The Second Trimester</i> <i>The Third Trimester</i> Contributing author to the following publications: <i>ChiroUp</i> <i>Pathways to Family Wellness</i> <i>Endurance Magazine</i> <i>Tabata Times</i> Women's Birth and Wellness Center newsletter</p>
License	<p>State of North Carolina: Active 1/2012-present License Number 4248</p>
References	<p>Mark King, DC: Motion Palpation Institute President, Mount Lookout Chiropractic and Sports Injury Center Owner 513-321-8484 Dave Juehring, DC, DACRB: Head Practitioner, Palmer College of Chiropractic Rehabilitation Department, Team Leader of the 2002 USA Olympic Bobsled Team 563-884-5800 Sarah Macchi, DC: MPI Instructor, Active Edge Chiropractic 403-678-1240 Michelle Barber, DC: Palmer College of Chiropractic 563-884-5000 Erica Boland, DC: Coulee Health Co-Owner 608-769-2344</p>

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	<p>Corey Campbell, DC, DACRB: MPI Instructor, Omaha Spine and Sport Functional Chiropractic Center Owner 402-496-0404</p> <p>Stephanie Rhodes: Sanderson High School Head Volleyball Coach, Wake County Teacher of the Year 2011 919-810-8022</p>
Awards & Recognition	<p>HER Health Collective Expert Panelist Leading Physicians of the World - International Association of Healthcare Professionals Top Raleigh Chiropractor - Opencare Breastfeeding Friendly Business Award - North Carolina Breastfeeding Coalition Best Chiropractor - Raleigh Downtowner Magazine</p>