



Douglas R. Krebs, DC, FACO, CSCS

Chiropractic Physician

Fellow, Academy of Chiropractic Orthopedists

Certified Strength and Conditioning Specialist

922 W Diversey Parkway
Chicago, IL 60614-1416

T (773) 529-0057

F (773) 529-0231

drkrebs@chicagospineandsports.com
chicagospineandsports.com

Experience

Owner/President - Chiropractic Orthopedist, Chicago Spine + Sports - 2001-Present

Complete Musculoskeletal Care focusing on Sports Injury and Orthopedic conditions
(Chicago Spine + Sports was formerly Advantage Health & Wellness, PC)

Internship - Chicago General - 2000-2001

Worked under Dr. David Parish and Dr. Vincent DeBono to provide conservative healthcare to a variety of musculoskeletal and systemic diseases.

Education

National University of Health Sciences, Lombard, Illinois

Doctoral Degree of Chiropractic; 2001

Bachelor of Science (Human Biology); 1999

Slippery Rock University, Slippery Rock, Pennsylvania

Bachelor of Arts (Psychology); 1997

Chiropractic Board Certifications

Diplomate of the Academy of Chiropractic Orthopedics; 2007

National Board of Chiropractic Examiners, Part IV; 2001

National Board of Chiropractic Examiners, Part I, II, III; 2000

Post Graduate Certifications

National Academy of Sports Medicine

Corrective Exercise Specialist; 2009

Running Doctors; 2001

National Strength and Conditioning Association

Certified Strength & Conditioning Specialist (CSCS); 2000

Certified Sole Supports Orthotic Practitioner; 2000

Professional Memberships

Fellow, Academy of Chiropractic Orthopedics; 2007-current

American Association of Spine Physicians; 2003-Present

International Society of Clinical Rehabilitation Specialists; 2008-Present

Federation of Chiropractic Research and Education; 2002-2009

Illinois Chiropractic Society; 2001 - 2002

RunningDoctors.com; 2001-Present

American Chiropractic Association; 2001-Present

National University of Health Sciences Alumni Association; 2001-Present

National Strength & Conditioning Association; 2000-Present

ProSport Chiropractic; 2000-2002

Student American Chiropractic Association; 1998-2001

Continuing Education/Seminars Attended

ProSport Chiropractic, Las Vegas, NV; 2000 - 12.25 hours

Acupuncture Certification Program - 71 hours; 1/2001– 9/2001

Metagenics

Understanding the Clinical Applications of Improved Metabolic Biotransformation -
Jeffrey Bland PhD; 2003

Improving Health Outcomes Through Nutritional Support for Metabolic Biotransfor-
mation - Robert Rakowski, DC; 2003

Chirocredit.com, University of Bridgeport College of Chiropractic

Physical Therapy 101, 2003 - 1 hour

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Forensic Diplomate 101, 2006 - 4 hours

Diplomate of the Academy of Chiropractic Orthopedics, National Lincoln School of Post-graduate Education, Lombard, IL

Clinical Orthopedics: Foot & Ankle I; D. Skogsbergh, DC, DABCO, DACBR, 2003 – 10 hours

Clinical Orthopedics: Foot & Ankle II; G. Jasinski and D. Skogsbergh, DC, DABCO, DACBR, 2003 – 10 hours

Clinical Orthopedics: Foot & Ankle III; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

External Abnormalities- Disorders of the Patellofemoral Joint; G. Jasinski, DC and D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Disorders of the Knee; G. Jasinski, DC and D. Skogsbergh, DC, DABCO, DACBR, 2004 - 10 hours

Orthopedics: Knee III; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Orthopedics: Knee IV; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Orthopedics: Knee V; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Clinical Orthopedics: Hip & Pelvis – Congenital Dislocations, Perthes, AVN, SCFE; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Clinical Orthopedics: Hip & Pelvis II– Congenital Dislocations, Perthes, AVN, SCFE D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Clinical Orthopedics: Lumbar Spine I; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Clinical Orthopedics: Lumbar Spine II; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Clinical Orthopedics: The Pathological Lumbar Intervertebral Disc; M. Kowalski, DC, DABCO, 2005 – 12 hours

Clinical Orthopedics:: Lumbar Stenosis & Posterior Element Disease; M. Kowalski, DC, DABCO, 2005 – 12 hours

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Clinical Orthopedics: Sacroiliac Joint and Lumbar Trauma; M. Kowalski, DC, DABCO, 2005 – 12 hours

Clinical Orthopedics: Thoracic Spine and Scoliosis; D. Skogsbergh, DC, DABCO, DACBR, 2005– 10 hours

Clinical Orthopedics: Thoracic Spine and Rib Cage Trauma; S. Fonda, DC, 2005 -10 hours

Clinical Orthopedics: Cervical Spine; D. Skogsbergh, DC, DABCO, DACBR, 2005 – Development – 10 hours

Clinical Orthopedics: Cervical Spine; D. Skogsbergh, DC, DABCO, DACBR, 2005 – Trauma I & II – 20 hours

Clinical Orthopedics: Cervical Spine; D. Skogsbergh, DC, DABCO, DACBR, 2005 – Disc, DJD, Stenosis, Myelopathy – 10 hours

Clinical Orthopedics: Cervical Spine Miscellaneous Disorders; D. Skogsbergh, DC, DABCO, DACBR, 2005 – 10 hours

Clinical Orthopedics: TMJ Disorders/TOS/Entrapment Syndromes; S. Fonda, DC, DABCO and N. Kim. DC, DABCO – 10 hours

Clinical Orthopedics: Shoulder 1 – Impingement Syndromes; D. Skogsbergh, DC, DABCO, DACBR, 2006 – 10 hours

Clinical Orthopedics: Shoulder 2 – Functional Rehabilitation; S. Fonda, DC, DABCO, 2006 – 10 hours

Clinical Orthopedics: Shoulder 3 – Trauma; D. Skogsbergh, DC, DABCO, DACBR, 2006 – 10 hours

Clinical Orthopedics: Elbow; D. Skogsbergh, DC, DABCO, DACBR, 2006 – 20 hours

Clinical Orthopedics: Hand/Wrist; D. Skogsbergh, DC, DABCO, DACBR, 2006 – Trauma I – 10 hours

Clinical Orthopedics: Hand/Wrist; D. Skogsbergh, DC, DABCO, DACBR, 2006 – Trauma II – 10 hours

Clinical Orthopedics: Hand/Wrist; D. Skogsbergh, DC, DABCO, DACBR, 2006 – Rheumatology – 10 hours

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Clinical Orthopedics: Hand/Wrist; D. Skogsbergh, DC, DABCO, DACBR, 2006 – Tendonopathies – 10 hours

Clinical Orthopedics: Forensic Science; W. Jahn, DC, DABCO 2006 – 12 hours

Clinical Orthopedics: Upper Body Review; S. Fonda, DABCO and D. Skogsbergh, DC, DABCO, DACBR, 2007 – 10 hours

Clinical Orthopedics: Lower Body Review; D. Skogsbergh, DC, DABCO, DACBR, 2007 – 10 hours

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American Academy of Spine Physicians – Diplomate Program

Relevant Spinal Cord Anatomy (Part I); 2005 – 10 hours

Pathophysiology in Myelopathy & Spinal Cord Injury, 2005 – 10 hours

Assessment of Spinal Cord Injury and Myelopathy, 2005 – 10 hours

Functional Rehabilitation with Craig Liebenson et al.

TMJ and Orofacial Rehab with Clayton Skaggs, DC 2006 – 12 hours

Functional Approach Symposium with Joel Press, MD, Scott Fonda, DC, Maria Perri, DC; 2007 – 12 hours

Functional Training with Ryan VanMatre, DC; 2007 – 12 hours

Cervical Spine with Clayton Skaggs, DC and Tarek Adra, DC; 2007 – 12 hours

Clinical Integration with Craig Liebenson; 2007 – 12 hours

McKenzie Method of Mechanical Diagnosis and Therapy Certification

The McKenzie Method of Mechanical Diagnosis and Treatment of the Lumbar Spine - Lombard, IL with Steve Heffner, DC; 2008 - 28 hours

The McKenzie Method of Mechanical Diagnosis and Treatment of the Cervical and Thoracic Spine - Lombard, IL with Steve Heffner, DC; 2009 - 28 hours

The McKenzie Method of Mechanical Diagnosis and Treatment - Problem Solving - Austin, TX with Mark Miller, PT; 2009 - 21 hours

The McKenzie Method of Mechanical Diagnosis and Treatment - Advanced Problem Solving - Cleveland Clinic with Scott Herbowy, PT; 2010 - 28 hours



Functional Training: Breaking the Bonds of Traditionalism, Institute of Human Performance; 2005 - 20 hours

Rehab Summit, National University of Health Sciences; Stuart McGill, PhD and Craig Liebenson, DC; 2007- 12 hours

Rehab Summit: Functional Training of the Knee & the Spine, National University of Health Sciences; Stuart McGill, PhD, Craig Liebenson, DC, Tim Hewett, PhD; 2008 - 12 hours

The Bottom Block - The Foundation of Kinetic Chain: Certification for the Design and Prescription of Custom Foot Orthotics - Sole Supports; Lombard, IL, 2001 - 12 hours

The C.H.E.K. Institute

Scientific Core Conditions; Paul Chek, 2002 - 20 hours

Scientific Back Training; Paul Chek, 2005 - 20 hours

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Awards

"Best Sports Injury Clinic Chicago" awarded to Chicago Spine + Sports - Competitor Magazine, 2009

Associations

Fellow, Academy of Chiropractic Orthopedics; 2007-Present

American Association of Spine Physicians; 2003-Present

International Society of Clinical Rehabilitation Specialists; 2008-Present

Federation of Chiropractic Research and Education; 2002-2009

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RunningDoctors.com; 2001-Present

American Chiropractic Association; 2001-Present

National University of Health Sciences Alumni Association; 2001-Present

National Strength & Conditioning Association; 2000-Present