

# Douglas Matthew Krefman, DC, CCSP

## EDUCATION

National University of Health Sciences, Lombard, IL  
Doctor of Chiropractic, August 2015

University of Wisconsin-Madison, Madison, WI  
Bachelor of Arts, December 2010  
Major: Communication Arts; Minor: Business; GPA 3.5/4.0

## EXPERIENCE

### Chicago Spine and Sports Chicago, Illinois

#### Doctor of Chiropractic August 2015-present

- Complete Musculoskeletal Care focusing on Sports Injury and Orthopedic conditions

#### Internship - Salvation Army Chiropractic Clinic - 2014-2015

- Worked under Dr. Erin Quinlan to provide conservative healthcare to a variety of musculoskeletal injuries

## CHIROPRACTIC BOARD CERTIFICATIONS

American Chiropractic Board of Sports Physicians, Certified Chiropractic Sports Physician; 2020

National Board of Chiropractic Examiners, Part IV; 2015

National Board of Chiropractic Examiners, Part I, II, III; 2014

## ACTIVITIES & CERTIFICATIONS

### The McKenzie Institute of the United States of America; 2017

- Certified in Mechanical Diagnosis and Therapy (MDT)

### Active Release Techniques; 2013-present

- Certified in Upper Extremity, Lower Extremity and Spine

### National's 2014 Motion Palpation Institute Club President January 2014-2015

- Instruct and provide hands-on demonstrations of weekly topics to club consisting of 100+ members.
- Present various topics including: functional movement screens, dynamic palpations and adjustments of spine and extremities, soft tissue evaluation and treatment, functional rehabilitation, end-range loading assessment and management, TMJ, peripheral nerve entrapments, and torticollis.

- Learned and studied under successful, established chiropractors that teach globally and individually have 20+ years of clinical experience in practice.

#### **National's 2014 Sports Rehabilitation Club President April 2014-2015**

- Present weekly on topics relating to functional rehabilitation. Topics presented on include: Phases of Gait & Gait Mechanics, Principles of Rehab and Performance, Core and Breathing, Considerations for the Overhead Athlete, Post-ACL Repair, Active Release Techniques, and Soft Tissue Instrument Assisted Techniques.

#### **Member of Motion Palpation Institute (MPI) Referral Network September 2013-Present**

- Attended MPI Spine, MPI Lower & Upper Dynamic Movement Assessment, MPI Extremities, MPI Sports Summit and Whiplash Associated Disorders

#### **Certified RockTape Provider**

- Certified in FMT levels I and II

### **CLUBS**

**Member of University of Wisconsin-Madison Sports Business Club January 2007-May 2010 University of Wisconsin-Madison's Club Soccer Team September 2006-May 2010**

### **AWARDS**

University of Wisconsin-Madison Dean's List December 2010 National University of Health Sciences President's Excellence Award June 2012