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EDUCATION

- 4/1990 – 4/1992 Loyola University Medical School and Hinsdale Orthopedics - Orthopedic Spine Outpatient Clinic; Maywood, Illinois. Clinical rotation directed by Mark Lorenz, MD.
- 4/1990 – 4/1992 National - Lincoln School of Postgraduate Education; Lombard, Illinois.
Residency in Orthopedics - completed April 30, 1992.
- 9/1986 – 4/1990 National College of Chiropractic; Lombard, Illinois.
Degree: Doctor of Chiropractic, 1990
Bachelor of Science, Human Biology, 1987.
- 9/1982 – 4/1986 Stonehill College; North Easton, Massachusetts.
Degree: Bachelor of Science, Biology.
- 9/1978 – 4/1982 High School: Thayer Academy; Braintree, Massachusetts.

PROFESSIONAL EXPERIENCE

- 2008 NCMIC Group, Inc. Member of the group Board of Directors.
- 2004 – Present Brigham and Women's Hospital, Boston, MA. Chiropractor for the Osher Integrative Care Center at Brigham and Women's Hospital.
- 2002 – Present Harvard Medical School, Osher Institute. Chiropractic physician consultant for development of an integrative care clinic.
- 2005 – 2007 Integrative Health Care Practice Resources, Inc. – Vice President.
Provide training and resources for Chiropractors to develop interdisciplinary relationships in order to foster patient-centered, evidence-based care.
- 2001 – Present Therapy Care Resources. Lecturer for courses in Graston instrumented soft tissue manipulation.
- 2001 - Present New England Spine Institute, Inc. President. Organize and present educational programs to chiropractors, the medical community and insurance industry.
- 1997 - Present Boston University Sergeant College; Boston, Massachusetts
Instructor for courses leading to Masters and Doctorate degrees in Physical Therapy.
- 1994 - Present Health South Braintree Rehabilitation Hospital, Consulting Staff Chiropractic Physician.
Member of the performance and outcome and assessment committee.
- 1992 - Present Holbrook Chiropractic Care; Holbrook, Massachusetts. Private chiropractic practice.
- 1991 - Present National - Lincoln School of Postgraduate Education; Lombard, Illinois.
Postgraduate lecturer in Orthopedics.
- 1994 - 2001 Independent Chiropractic Evaluations, Inc.
Perform utilization analysis including file review and independent chiropractic examinations
- 1999 - 2002 Commonwealth of Massachusetts, Human Resources Division; Boston, Massachusetts.
Consultant for clinical practice guidelines development and utilization review.
- 1998 - 2002 Quality Medical Evaluations; Boston, Massachusetts. Perform utilization analysis including file review and independent chiropractic examinations.
- 1996 - 1998 Los Angeles College of Chiropractic; Los Angeles, California.
Lecturer for postgraduate courses in rehabilitation and orthopedics
- 1996 Blue Cross / Blue Shield of Massachusetts
Member of Chiropractic credentialing advisory committee
- 1995 - 1998 SPINE Managed Care Network, Inc. / Triad Health Care
Member of the Quality Improvement Committee.
Lecturer for courses in quality improvement.
- 1994 - 1996 Massachusetts Chiropractic Society; co-chairperson for the Hospital Relations Committee.

- 1993 - 1994 Braintree Hospital, Department of Alternative Therapies; Braintree, Massachusetts. Primary care Chiropractic Physician for a multidisciplinary outpatient alternative therapies clinic.
- 1992 - 1993 IME, Incorporated; Braintree, Massachusetts. Perform utilization analysis including file review and independent chiropractic examinations.
- 1992 - 1994 Northeastern University; Bouve College of Pharmacy and Health Sciences. Instructor for advanced physical therapy courses.
- 1990 - 1992 Research Associate: National College of Chiropractic; Lombard, Illinois.
- 1985 - 1986 Nursing Assistant: Department of Surgery, South Shore Hospital; Weymouth, Massachusetts.
- 1985 - 1986 Neuropathology Laboratory Technician: Mallory Institute of Pathology, Boston City Hospital; Boston, Massachusetts.
- 1984 - 1986 Pathology Assistant: Boston University Medical Center and Boston City Hospital; Boston, Massachusetts.

LECTURE EXPERIENCE

National University of Health Sciences – Models of team practice and how to get there. Chicago, IL – 2 hours

ACC-RAC 2008 – Creating cultural authority through interprofessional integration. Washington, DC

ACC-RAC 2006– Communicating the risks of spinal manipulation to the non-DC. Co-presented with Scott Haldeman, DC, MD, PhD. Phoenix, AZ

Harvard Medical School – Integrating Complementary Therapies into Clinical Practice: Cases and Evidence (Low Back Pain module).

Therapy Care Resources – Graston Technique®.

2001 – Boston, MA; Los Angeles, CA; Chicago, IL; Newark, NJ – 12 hours

2002 – Orlando, FL; Chicago, IL – 12 hours

2003 – NJ – 12 hours

2004 – Boston, MA; Lombard, IL – 12 hours

2005 – Boston, MA – 12 hours

Boston, MA – 12 hours

2006 – Boston, MA – 12 hours

Boston, MA – 12 hours

2007 - Boston, MA – 12 hours

Boston, MA – 12 hours

2008 - Boston, MA – 12 hours

New England Spine Institute, PC

The Pathological Lumbar Intervertebral Disc and its Syndromes.– 12 hours. Co-presented with Dennis R.

Skogsbergh, DC

2002 – Boston, MA

2002 – Rochester, NY – Blue Cross and Blue Shield of New York

2002 – Orlando, FL

2003 – Cleveland, OH

2005 – Lombard, IL

Advances in Lumbar Stenotic and Posterior Element Syndromes. – 12 hours. Co-Presented with Dennis R.

Skogsbergh, DC

2003 – Braintree, MA

2005 – Lombard, IL

2007 – Braintree, MA

Lumbar Spine Trauma and Sacroiliac Joint Disorders

2003 – Braintree, MA; Cleveland, OH

2005 – Lombard, IL

New England Pain Association – The role of chiropractic in pain management. Woodstock, Vermont – 2003

Yankee Dental Congress 2002, 2003 - “Has Dentistry Become a Pain in the Neck”. Treatment strategies for dental staff to prevent and self-manage common ailments experienced in dentistry. Boston, Massachusetts – 2002, 2003

Harvard Medical School - Managing Your Patients with Acute Low Back Pain in the Age of Managed Care: Indications, Rationale, Techniques and Outcomes of Spinal Manipulation; Boston, Massachusetts - 2000.

Academy of General Dentistry - Has Dentistry Become a Pain in the Neck? - Boston, 1998

Boston University Sergeant College - Principles of Diagnostic Imaging - 1997, 1998, 1999, 2000, 2001, 2002

Harvard Medical School - Managing Your Patients with Acute Low Back Pain in the Age of Managed Care: Indications, Rationale, Techniques and Outcomes of Spinal Manipulation; Boston, Massachusetts - 1996.

Los Angeles College of Chiropractic - Postgraduate Division, Whittier, California
1996 - Orthopedic Examination, Montreal, Canada; 12 hours

Spine Managed Care Network, Inc., Burlington, Massachusetts
1995 - Proper Documentation of Medical Records; 4 hours
1996 - Building an Interdisciplinary Treatment Team; 4 hours

National - Lincoln School of Postgraduate Education, Lombard, Illinois

Clinical examination of the lumbar spine, Lumbar Stenotic Syndromes, and sacroiliac joint disorders

2007 – Braintree, MA – 13 hours

2007 – Lombard, IL – 13 hours

Lumbar Stenotic Syndromes; Evaluation and treatment. 2006 Homecoming.

Disorders of the Cervical Spine: Thoracic Outlet Syndromes and Temporomandibular pain syndromes

1999 - Cincinnati, Ohio - 10 hours

2000 - Charlotte, North Carolina - 10 hours

2001 - Plano, Texas - 10 hours

2002 - Columbus, Ohio - 10 hours

2002 - Chicago, Illinois - 5 hours

Evaluation and management of ankle sprains - 5 hours, Plano, Texas 1998

Immobilization for the orthopedic specialist; 20 hours during Parts I & II

1992 - Columbus, Ohio 1993 - Fort Wayne, Indiana

1993 - Tampa, Florida 1993 - Atlanta, Georgia

1994 - Syracuse, New York 1994 - Natick, Massachusetts

1994 - Lombard, Illinois 1995 - Milford, Connecticut

1995 - Mount Laurel, New Jersey 1996 - Orlando, Florida

1996 - Youngstown, Ohio 1996 - Madison, Wisconsin

1997 - Pittsburgh, Pennsylvania 1998 - Norwood, Massachusetts

1999 - Cromwell, Connecticut 1999 - Syracuse, New York

1999 - Seacocus, New Jersey

Orthopedic evaluative procedures; 12 hours each session

1991 - Columbus, Ohio 1991 - Syracuse, New York

1992 - Natick, Massachusetts 1992 - Lombard, Illinois

1992 - Milford, Connecticut 1994 - Ft. Lauderdale, Florida

1994 - Youngstown, Ohio 1994 - Mount Laurel, New Jersey

1994 - Jeanette, Pennsylvania 1995 - South Carolina

1995 - Madison, Wisconsin 1995 - Orlando, Florida

1996 - Syracuse, New York 1996 - Lombard, Illinois

1996 - Natick, Massachusetts 1996 - Hasbrouck Heights, New Jersey

1997 - Cromwell, Connecticut 2000 - Toronto, Canada

Clinical evaluation of the shoulder;
1991 - Lombard, Illinois - 2 hours
Cervical spine: anomalies and trauma;
1991 - Tampa, Florida - 10 hours
Cervical spine: thoracic outlet syndromes and review of concepts;
1991 - Tampa, Florida - 10 hours
Cervical spine: standards of chiropractic care and management of common disorders;
1991 - Milford, Connecticut - 10 hours
Disorders of the lower extremity: the kinetic chain analogy;
1991 - Lombard, Illinois

Disorders of the cervical spine - evaluation and treatment - 8 hours, Charlton Memorial Hospital - 1995
Lower Back Pain; Understanding the anatomy, causes, treatment and prevention - 2 hours, Federal Highway Department, Department of Transportation 1993

Los Angeles College of Chiropractic Postgraduate Division

Disorders of the Upper Quadrant; 12 hours	1997 - Denver, Colorado
1997 - Oakland, California	1997 - Portland, Oregon
1997 - Meriden, Connecticut	1997 - Las Vegas, Nevada
1997 - Seattle, Washington	1996 - Phoenix, Arizona
1996 - Boston, Massachusetts	1996 - San Jose, California
1996 - Philadelphia, Pennsylvania	1996 - Chicago, Illinois
1996 - Atlanta, Georgia	1996 - Austin, Texas

ABSTRACTS / POSTERS / PUBLICATIONS

Abstracts

Chapman S, Kowalski M, Skogsbergh D: "The patient with vertigo: a clinical dilemma". Presented at the International Conference on Spinal Manipulation, Chicago, Illinois, 1992.

Kowalski M, Skogsbergh D: "A case applying the kinetic chain analogy to knee pain". Presented at the International Conference on Spinal Manipulation, Arlington, Virginia, 1991 and the World Federation on Chiropractic, Toronto, Canada, 1991.

Jasinski G, Kowalski M, Skogsbergh D: "To manipulate or not to manipulate: a series of controversial cases". Presented at the International Conference on Spinal Manipulation, Arlington, Virginia, 1991 and the World Federation on Chiropractic, Toronto, Canada, 1991.

Publications

Kowalski M, Skogsbergh D. "Stenotic syndromes". In Morris C (ed), **Low Back Syndromes**, 2005.

Kowalski M, Skogsbergh D. "The Lumbar Intervertebral Disc". In Morris C (ed), **Low Back Syndromes**, 2005.

Triano J, Skogsbergh D, Kowalski M: "The use of instrumentation and laboratory examination procedures by the chiropractor". In Haldeman S (ed), **Modern developments in the Principles and Practice of Chiropractic**, Appleton - Lange, 1992.

Haldeman S, et. al. **Guidelines for Chiropractic Quality Assurance and Practice Parameters**, Proceedings of the Mercy Center Consensus Conference. Consultant.

SEMINARS ATTENDED

Harvard Medical School – Integrative Medicine Conference, Boston, MA – 13, hours, 2007

ACC-RAC – Professional Authority, Washington, DC – 6.5 hours, 2008

ACC-RAC –Ethics and Professionalism, Phoenix, AZ – 12 hours, 2007

National University of Health Sciences

Whiplash associated disorders. Braintree, MA - 12 hours, 2005

Harvard Medical School – Integrating Complementary Therapies Into Clinical Practice: Cases and Evidence – 2003.

Graeton Technique: National University of Health Sciences, 2002.

Chiropractic Orthopedics: National - Lincoln School of Postgraduate Education; Lombard, IL

Disorders of the Ankle and Foot; D Skogsbergh, DC, Plano, TX, 1998 - 5 hours

Clinical neurology; R Swenson, DC, Ph.D., MD, 1993 - 10 hours

Disorders of the thoracic and lumbar spine; D Kessler, DC, 1991 - 10 hours

Scoliosis; J Triano, DC, Ph.D. - 10 hours

Disorders of the lower extremity; D Skogsbergh, DC, 1991 - 30 hours

Orthopedic radiology ; T Goodrich, DC, 1990 - 1991 - 30 hours

Orthopedic evaluative procedures; D Skogsbergh, DC, 1990 - 12 hours

Immobilization for the orthopedic specialist; P Fortmeyer, DC, 1990 - 20 hours

Disorders of the cervical spine; D Skogsbergh, DC, 1990 - 30 hours

Disorders of the upper extremity; D Skogsbergh, DC, 1990 - 40 hours

Chiropractic Sports Physician: National - Lincoln School of Postgraduate Education; Lombard, Illinois

Sports nutrition; P Harvey, Ph.D., 1991 - 12 hours

The spine and the athlete; D Kessler, DC, 1991, 1990 - 12 hours

Injuries to the lower extremity; D Skogsbergh, DC, 1990 - 12 hours

Management of injuries of the upper extremity, M Duarte, DC - 12 hours

Chiropractic Rehabilitation: Los Angeles College of Chiropractic

Functional Pathology of the Motor System and Rehabilitation Guidelines, C Liebenson, DC, 1995 - 12 hours

Additional Continuing Education Seminars

Managing Your Patients with Acute Low Back Pain in the Age of Managed Care: Harvard Medical School Continuing Education, Boston, MA, 2000 - 17 hours

Vestibular Diagnosis and Rehabilitation: Boston, MA, 1999 - 17 hours

Vestibular Disorders: Cincinnati, OH, 1999 - 5 hours

Managing Your Patients with Acute Low Back Pain in the Age of Managed Care: Harvard Medical School Continuing Education, Boston, Massachusetts - 1996.

Clinical Congress: Sideline Decision-Making; Randolph, MA - 6 hours

The Chiropractic Manual - Natick, MA - 4 hours

Clinical Neurology; R Swenson, DC, Ph.D., MD, 1992; Lombard, IL - 10 hours

Radiological Society of North America, 1991; Chicago, IL - 8.5 hours

International Chiropractic Academy on the Study of Low Back Pain, 6th Annual Symposium, 1991; Lombard, IL - 9 hours

The McKenzie Protocol: mechanical diagnosis and therapy of spinal disorders; G. Jacobs, DC, 1991; Chicago, IL - 18.5 hours

World Federation on Chiropractic, 1991; Toronto, Canada - 9 hours

International Conference on Spinal Manipulation, 1991; Arlington, VA - 16 hours

Magnetic Resonance Imaging; M Solomon, MD, 1991; Lombard, IL - 7 hours

Low Back Pain: relationship with trunk movement, torque, velocity and power; M Parniapour, Ph.D., 1991; Lombard, IL - 2 hours

Clinical Neurology; R Swenson, DC, Ph.D., MD, 1991; Lombard, IL - 10 hours

Radiological Society of North America, 1990; Chicago, IL - 23 hours

Degenerative Joint Disease; S Paul, Ph.D., 1990; Schaumburg, IL - 10 hours

Magnetic Resonance Imaging; P Rothschild, MD, 1990; Lombard, IL - 5 hours

Myofascial Trigger Point Therapy; J Lowe, DC, 1988; Lombard, IL - 10 hours

Nimmo Technique; B Whitfield, DC, 1988; Lombard, IL - 10 hours

Stretch and Spray Technique; J Smolders, DC, 1987; Schaumburg, IL - 10 hours

Scoliosis: Diagnosis and Management; D Aspegren, DC and J Cox, DC, 1989; Lombard, IL - 8 hours

CERTIFICATION/LICENSURE

Diplomate of the American Board of Chiropractic Orthopedists: September 1992.

National Board of Chiropractic Examiners: Parts I, II, Clinical Competency and Physiotherapeutics.

Licensed Chiropractic Physician: Illinois, 1990 -1993; Massachusetts, 1992 - Present

PROFESSIONAL MEMBERSHIPS

American Chiropractic Association: 1986 - Present

Massachusetts Chiropractic Society: 1989 - 1995

National College of Chiropractic Alumni Association: 1990 – Present

Foundation for Chiropractic Education and Research: 1990 – Present

American Board of Chiropractic Orthopedists: 1992 – Present

Fellow of the International College of Chiropractic, 2004 - Present

Updated 03/08