
Edward Espinoza DC, MS

Sports Chiropractor

1172 San Pablo Ave #203

Berkeley, CA 94706

(510) 305-4772

DrEspinoza@elevateberkeley.com

SKILLS

As a sports-focused chiropractor with a passion for active care, I bring a unique approach to the field of chiropractic medicine. My skills revolve around empowering my clients to take charge of their health and wellbeing through personalized treatment plans that prioritize active interventions over passive care. I firmly believe in the power of strength training and utilize exercise rehabilitation as a cornerstone of my practice, helping individuals recover from spine and extremity issues by fostering strength, flexibility, and overall functional improvement.

In addition to exercise rehab, I employ a diverse range of modalities, including soft tissue techniques, to address musculoskeletal challenges comprehensively.

Furthermore, my personal experience and expertise in weight training play a pivotal role in my practice. Through a holistic and proactive approach, I strive to enable my clients to lead healthier and more fulfilling lives. My commitment to staying abreast of the latest developments in chiropractic care and sports medicine ensures that I deliver cutting edge treatments while maintaining a patient-centered focus.

EXPERIENCE

Elevate Sport & Spine

Owner & Chiropractic Physician

Feb 2023 - Current

- Performed Exams, Report of Findings, Sports Physicals and Treatments
CEO duties, managing staff

Onsight Chiropractic - Berkeley, CA

Chiropractic Physician

June 2018 - Jan 2022

- Performed Exams, Report of Findings, Sports Physicals and Treatments
Managed Clinic, Staff and meetings from Jan 2020-2022

Canyon Lakes Chiropractic Group - San Ramon, CA

Chiropractic Physician

May 2017- June 2018

- Performed Exams, Report of Findings, Sports Physicals and Treatments
Specialized in manipulation, manual therapy, active care exercises

Valley Christian - Dublin, CA

Team Doctor / Athletic Trainer

Jeff Gadd- Athletic Director (925) 408-9307

August 2017 - November 2017

Provided pre/post game therapy including taping, rehab and manual therapy, first aid

Provided training room sessions during the week for further treatment and rehab

EDUCATION

California State University Chico - Chico, CA - *BS Business*

Administration: Entrepreneurship

September 2007 - May 2011

University of Western States- Portland, OR- *Doctor of Chiropractic*

September 2013- December 2016

University of Western States - Portland, OR- *Masters Sports Medicine*

January 2015- December 2016

Continuing Education

CrossFit Lvl 1 Coach

Selective Functional Movement Assessment (SFMA)

AMR: Advanced Neuromuscular Reeducation

ART: Active Release Techniques: Lower Extremity

RockTape: Performance Movement Taping- Steven Capobianco

FAKTR- Instrument Assisted Soft Tissue Manipulation

Motion Palpation Institute- Full Spine

Accelerated Rehab Part 1- Jason Brown

Ultimate Back Fitness and Performance- Stuart McGill

Dynamic Neuromuscular Stabilization- For the running athlete

McKenzie Diagnosis & Therapy (MDT) - Low Back

Proud to have provided care at

- 2020 / 2023 Grassroots Crossfit Throwdowns
- 2018/19 Bridges Rock Climbing Competition
- 2018 Pleasanton & Oakland Triathlons
- 2017 Valley Christian Football Season- Team Doctor/Athletic Trainer
- 2017 Glory Days Crossfit Competition- Crossfit Anywhere
- 2016 Canby Rodeo
- 2016 Pacific Crest Sports Festival, Bend OR
- 2016 Seaside Beach Volleyball Tournament
- 2016 Portland Stags - Professional Ultimate Frisbee
- 2015-16 Athletic Training Room Assistant: Portland Christian HS, Parkrose HS

Additional Experience and Affiliations

2 Service trips to Haiti - Ability to provide care to the local United Nation Soldiers and those less fortunate while also supporting services at local orphanages

Business Network International - Valley Business Connections, Danville
March 2017- June 2018 Event Coordinator

Portland Toastmasters- Competent Communicator December 2016,
Completed and evaluated on 10 prepared speeches

References

Marie Bowser - Owner of Marie Bowser Acupuncture

Relationship: Business Associate

P: (510)-725-1179

E: marie@transformational-wellness.com

A: 514 Kains Ave, Albany, CA 94706

Dr. Kimberly Liotta - Owner, Canyon Lakes Chiropractic Group

Relationship: Business Partner

P: (925) 216-2357

E: drkimliotta@gmail.com

Dr. Max Lippman - Chiropractor

Relationship: Mentor

P: (510) 289-4020

E: lippman.max@gmail.com

A: 4145 Blackhawk Plaza Cir #101, Danville, CA 94506