

JEFFERS CHIROPRACTIC AND SPORTS INJURIES

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Curriculum Vitae for Dr. Keith M. Jeffers D.C., C.C.S.P.
"The Running Doctor"

EDUCATION:

- 1966: Graduated Point Loma High School, San Diego, California
- 1970: U.C. Santa Barbara earned a B.A. in Exercise Physiology; received grant to conduct graduate studies in exercise physiology and the effects of water versus electrolyte drinks during long-distance running. Earned Secondary Teaching Credential in 1971 with emphasis in physical education
- 1971-1973: Graduate work in Exercise Physiology at the University of California; entered special education program with emphasis in teaching learning-handicapped at San Diego State
- 1974-1981: Special Education Teacher and track and Cross Country Head Coach
- 1981-1984: Palmer College of Chiropractic-West, received Doctor of Chiropractic degree in 1984
- 1985-present: Private practice as a Doctor of Chiropractic
- 1989: San Diego County Chiropractic Society "New Doctor of the Year"
- 1989: California Chiropractic Association "New Doctor of the Year"
- 1991: Received certification as Certified Chiropractic Sports Practitioner-C.C.S.P.

RUNNING AWARDS:

- 1968: National Junior College 10K Record
- 1971: Winner of San Luis Obispo Marathon
- 1977: Winner of Santa Barbara Half-Marathon
- 1981: Winner of San Jose Half-Marathon
- 1983: Boston Marathon 2:38
- 1986: Winner of San Diego County Grand Prix Standings

RUNNING AWARDS CONTINUED:

Since turning 40, Dr. Jeffers has won two National Masters Championships as a part of the San Diego Track Club. He placed 5th in the nation in the Masters Track and Field Championships in Steeplechase. In August 1989, he competed at the VIII Annual World Veterans Championships held in Eugene, Oregon. There he won a Gold Medal as a member of the United States Cross Country Team. He also placed 10th in the world in Steeplechase.

Dr. Jeffers is a frequent lecturer to numerous groups. He writes articles for both athletic and chiropractic journals and magazines on a regular basis.

LECTURE EXPERIENCE:

- 1989: World Veteran Championships; only Doctor of Chiropractic speaking at the Sports Medicine Symposium
- 1989: Palmer College of Chiropractic-West, speaker at the Sports Injury Seminar held at Homecoming
- 1990: Wisconsin Chiropractic Association, guest speaker for 12-hour re-licensing seminar on Sports Injuries
- 1990: Motion Palpation Institute's week-long seminar in Hawaii, guest speaker on Sports Injuries
- 1990: Palmer College of Chiropractic-West, guest lecturer on Sports Injuries
- 1991: Motion Palpation Institute's Sports Injury Seminars (12 hours each) Toronto, Atlanta, Chicago, and a Mexican Cruise
- 1992: Lecturer for the Interscandinavian Conference - Helsinki
- 1993: Los Angeles Chiropractic College, guest speaker on Sports Injuries
- 1994: Los Angeles Chiropractic College, guest speaker on Sports Injuries
- 2004: Palmer College of Chiropractic-West, guest lecturer on Sports Injuries
- 2004: Member Council on Chiropractic Guidelines and Practice Parameters - Lower Extremity
- 2005: Whiplash and Brain Injury Traumatology (12 hours)