

Matthew D. Bernstein D.C.
1934 W. Beverly Blvd,
Montebello, CA 90640
(818) 222-1120
Matt@elitesportsdc.com

Objective

To provide information on my educational and professional past for all inquiring parties .

Education

September 2004 – December 2007

Southern California University of Health Sciences Whittier, CA
Doctor of Chiropractic

September 2000 – May 2004

Occidental College Los Angeles, CA
Bachelors of Arts in Kinesiology

Research Experience

Undergraduate Assistant, Department of Kinesiology
Occidental College Los Angeles, CA

- Electromyographical Analysis and Comparison of Selected Abdominal Training Devices With A Traditional Crunch
 - Maintained operational responsibility for laboratory, including scheduling use of equipment and record keeping
 - Assisted in Manuscript Preparation and Review
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Publications

Sternlicht, E., S.G. Rugg, M.D. Bernstein, and S.D. Armstrong. *Analysis and Comparison of Selected Abdominal Training Devices With A Traditional Crunch*. J. Strength Cond. Res. 19(1):157-162. 2005.

Employment

September 2013 - Present

Elite Sports Medicine LAX
Doctor of Chiropractic / Owner

March 2010 - Present

Elite Sports Medicine Woodland Hills
Doctor of Chiropractic / Owner

October 2014 – Present

Elite Sports Medicine Canoga Park
Doctor of Chiropractic/ Owner

December 2007- April 2010

Trillium Sports Medicine
Doctor of Chiropractic

September 2004 – December 2007

Southern California University of Health Sciences Whittier, CA

Office of Admissions

- Student guide for campus preview days
- Student Ambassador

Department of Athletics

- Referee
- Chiro-games assistant

May 2002 – June 2004

Dr. Benjamin Broukim MD

- Back office Assistant
- Direct care therapist
- Reviewed Medical Documents
- Surgical Assistant

Professional Licenses / Certifications

Certified Strength and Conditioning Specialist

First Aid and CPR Certified

Certified Personal Trainer

Lifeguard Certified

Seminars

Activator Seminar

Practice Management Seminar

National Leader-shape Seminar

Accomplishments

Passed National Boards Parts 1-4 & Physical Therapy

U.S. Patent Title *Abdominal Exercise Device*

- Inventor and designer
 - Product Pending
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Volunteer Activities

Calabasas High School

- Head of medical staff for football team

Southern California University of Health Sciences Whittier, CA

- Associated Student Body Social Link
- International Chiropractic Association Vice President
- Outdoors Club Treasurer
- Sports Injury Club Member
- Student American Chiropractic Association Member

- Health Fair Supervisor
- Surf Club Member
- Talent Show
- Orientation days

****References Available Upon Request****