

# Zachary Goodman

Willing to relocate to: Phoenix, AZ - Philadelphia, PA - Baltimore, MD

Authorized to work in the US for any employer

## Work Experience

### **Chiropractor/Physical Medicine Modalities and Therapeutic Procedures Therapist**

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The Doctors of Physical Therapy-Scottsdale, AZ February 2024 to September 2024

- Establish rapport and authority in the physical wellness field during initial consultation through empathic listening, patient education, and recommendation on plan of care
- Determine specific diagnoses in patient evaluations utilizing objective measurements and orthopedic, neurological, and muscle testing.
- Prescribe and analyze diagnostic imaging to rule out pathologies and determine prognoses.
- Support patients in achieving their movement and rehabilitation goals through use of tracking and charting of various milestones throughout their recovery process.
- Deliver intentional chiropractic adjustments and joint manipulations through a multitude of chiropractic techniques to reduce pain and increase mobility in various parts of the body
- Provide evidence-based physical medicine modalities and therapeutic procedures to produce lifelong results.
- Collaborate with General Physicians, Naturopathic Physicians, and Osteopaths to establish the most effective course of action for each patient

### **Chiropractor/Biomechanics & Movement Therapist**

The Movement Compass-Scottsdale, AZ

January 2019 to February 2024

- Diagnose and determine prognoses based on patient history, health, posture, and movement screen as well as assess muscle, nerve, joint, and functional abilities
- Design progression programs in consultation with patients, and in response to individual needs
- Implement effective rehabilitative and movement optimization programs
- Deliver chiropractic adjustments using various therapeutic and chiropractic techniques on the joints of the spine, pelvis, and extremities to reduce pain and increase mobility
- Lead dynamic and results focused sessions, including advanced weight lifting and sports specific training
- Apply education and experience in developing effective programs to train physical therapists, athletes, and personal trainers
- Coordinate with Physicians, Physical Therapists, Massage Therapists, Athletic Trainers, Personal Trainers and Naturopathic Physicians to establish most efficient course of action
- Track and chart present condition of patient and design plans of progression to reach patients' needs and goals
- Create long lasting results with focused corrective exercises and soft tissue mobilization techniques including cupping, IASTM, trigger point therapy, and red light therapy

## **Chiropractor**

TheJoint Chiropractic-Scottsdale, AZ

February 2020 to April 2022

- Quick-paced, on-the-go type of environment
- Provide patient care in a 5-7 minute period while being present and engaged
- Assess, diagnose, and treat patients with a caring, yet quick-thinking, approach
- Adjust patients with Diversified, Activator, and Thompson chiropractic techniques
- Educate patients on the benefits of continued chiropractic treatment

## **Associate Chiropractor**

NevyHealth-Mesa, AZ

October 2017 to December 2018

- Determine prognoses based on patient evaluation as well as assessed muscle and joint function
- Analyze x-rays to generate upper cervical listings and ruled out pathologies
- Adjust patients with the Atlas Orthogonal upper cervical, Diversified, and Activator, and Thompson Drop techniques
- Deliver therapeutic modalities including spinal decompression and cold laser
- Chart patient services and office activities in records to submit to insurance providers
- Consulted with Nurse Practitioner, Physician's Assistant, and Naturopathic Physician on course of action
- Apply education and experience in developing effective courses to train Chiropractors, Naturopathic Physicians, Physician Assistants, Chiropractic Assistants, athletes, and patients

## Education

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### **Doctor of Chiropractic in Chiropractic**

Life University - Marietta,GA

July 2013 to March 2017

### **Bachelor's in Exercise Science**

SalisburyUniversity - Salisbury,MD

August 2006 to December 2009

## Skills

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- Human Biomechanic Optimization (7 years)
- Diversified Full Spine Technique (7 years)
- Movement Therapy (7 years)
- Thompson Drop Technique (7 years)
- Strengthening and Conditioning (10+ years)
- Extremity Adjusting (7 years)
- Soft Tissue Mobilization (7 years)
- Myo-fascial Cupping (6 years)
- Former Strengthening and Conditioning Specialist (10+ years)
- Activator Technique (5 years)
- Diverse Chiropractic Techniques

- Movement Therapy
- Therapeutic Modalities
- Athletic Performance
- Strengthening and Conditioning
- Sports Rehabilitation
- Injury Prevention
- Trigger Point Therapy
- Sports Coaching

## Certifications and Licenses

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### **Physical Medicine Modalities & Therapeutic Procedures**

November 2017 to May 2025

### **Level 8 Human Biomechanics Analysis and Therapy**

October 2020 to Present

Analysis and Post-Rehabilitative Therapy for the advanced professional

### **American Heart Association CPR/AED**

October 2023 to October 2024

### **Barrall Institute Visceral Manipulation Level 1**

August 2023 to Present

### **Orthospinology Level 2**

January 2017 to Present

### **Level 8 Golfer's & Tennis Elbow Fix Course**

July 2021 to Present

Analysis and rehabilitative techniques for golfer and tennis elbow

### **Level 8 Scoliosis Fix Course**

December 2022 to Present

Analysis and rehabilitative techniques for patients with scoliosis

## Groups

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### **Lacrosse Coach**

October 2023 to January 2024

14U Head Offensive Lacrosse Coach for the Ahwatukee Lightning Lacrosse Club

## Publications

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### **Brain-based Clinical Approaches Improve a Patient with Benign Positional Paroxysmal Vertigo Following a Traumatic Injury**

December 2015

Presented at the International Symposium of Clinical Neuroscience in Orlando, FL.