

Education

Cleveland Chiropractic College

- Doctor of Chiropractic (DC) Los Angeles, CA 2012
- Summa Cum Laude,
- Valedictorian

McGill University

- BSc Physiology Montreal, Quebec 1980

Muscle Activation Techniques

- Neux Certified Denver, CO 2022
- MAT Rx Full Body 2020
- MAT Rx Foot Function 2017
- MAT Masters Full Body 2015
- MAT Specialist 2006

Rolfing/Structural Integration (Rolf Institute)

- Certified Advanced Rolfer™ Boulder, CO 2007
- Certified Rolfer™ Boulder, CO & Sydney, Australia 2005

Active Release Techniques

- ART Full Body Colorado Springs, San Diego, Montreal 2003
- ART Nerve Entrapment Long Island, NY 2014

Graston Techniques

- M1 Los Angeles, CA 2011
- M2 New York, NY 2017

Kinesio-Taping (KT Taping)

- KT1, KT2 New York, NY 2015
- KT3 New York, NY 2016

Advanced Muscle Reconditioning

- AMR Los Angeles, CA 2020

NeuroMuscular Therapy

- NMT Full Body New York, NY 1992

Dr Ben Benjamin Institute

- Shoulder Injury & Therapeutic Techniques New York, NY 1992

The Swedish Institute

- Licensed Massage Therapist New York, NY 1990

Other Certifications

- Deep Tissue New York, NY 1991
- Trigger Point Therapy New York, NY 1991
- Medical Massage New York, NY 1991
- Sports Massage New York, NY 1991
- Foot Reflexology New York, NY 1991