

# Sean P. Konrad, AS, BPS, DC, CES, CKTP, NAT

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[www.lifeinmotionchiro.com](http://www.lifeinmotionchiro.com)

## **EDUCATION**

### **- Doctor of Chiropractic**

New York Chiropractic College, Seneca Falls, NY (Conferred 30 November 2009)

### **- Bachelor of Professional Studies: Integrated Healthcare**

New York Chiropractic College, Seneca Falls, NY (Conferred 24 October 2008)

### **- Associate in Science**

Finger Lakes Community College, Canandaigua, NY (Conferred with Honors August 2005)

## **WORK EXPERIENCE**

### **Doctor of Chiropractic (Dec 09- Present)**

- Own and operate Life in Motion Chiropractic & Wellness, providing patient centered and evidence based treatment of back pain, neck pain, extremity pain, and headache.
- Chiropractor to the Crosman Corporation in Bloomfield, NY. (Jan 2011- Feb 2015)
- Chiropractor at Lifetime Care in Rochester, NY. (Jan 2011-Oct 2014)
- Instructed home health aides at Lifetime Care on proper patient transport ergonomics. (Jan 2010- Dec 2010)
- Hosted Keuka College and New Chiropractic College externships. (2010-2013)
- Presented backpack safety lecture to Middle and High School students in Bloomfield, NY. (2010- 2013)
- Developed and maintain websites that educate the public about the benefits of integrative chiropractic care.
- Proficient with the development and implementation of social media marketing of a chiropractic office.
- Extensive working knowledge of various Adobe and Microsoft software applications.

### **Chiropractic Intern (Sep 08 – Nov 09)**

- Subjective and objective examination of spine related and musculoskeletal disorders to establish a diagnostic assessment and subsequently devise an appropriate treatment plan.
- Evaluated advanced imaging, plain film radiographs, as well as blood and urine laboratory test results.
- Was assigned clinical rotation opportunities to include:
  - ~ Seneca Falls Student & Outpatient Health Centers, Seneca Falls, NY (Sep 08- Nov 09)
  - ~ Canandaigua Veterans Affairs Medical Center, Canandaigua, NY (Mar - Apr 09)
  - ~ St. John Fisher College Campus Health Center, Rochester, NY (Apr 09)

### **Externship (Nov 09)**

- One month of shadowing a private practice Doctor of Chiropractic.
  - ~ Helped schedule appointments and take payments for services rendered.
  - ~ Learned how to operate the Triton DTS® Spine Therapy Table
  - ~ Learned how to properly fill out the CMS-1500 Claim Form for insurance reimbursement
  - ~ Learned how to properly navigate the Report Master™ chiropractic software program.

### **Construction Foreman & Heavy Equipment Operator (Aug 96-Dec 03)**

- Various Construction Companies in Virginia and New York
  - ~ Can read earthwork blueprints, lay out work to be performed, and set/transfer grade(s).
  - ~ Co-managed earthwork and grade operations on several multi-million dollar projects.
  - ~ Produced meticulous daily reports for so that jobsite budget could be tracked accurately.
  - ~ Supervised as many as twenty five men during the course of daily operations.
  - ~ Extensive hours training qualified employees deemed ready for advancement to the position of equipment operator.
  - ~ Coordinated the efforts of all sub-contractors on site in order to ensure synchronicity among the various trades present.
  - ~ Can fine-grade with bulldozer and excavator.

## **United States Navy (Aug 88- Jul 96)**

- Honorably discharged at the rank of Equipment Operator Second Class [E-5]
  - ~ Served as Public Works Transportation Department base dispatcher for Naval Air Station Bermuda, responsible for coordinating transportation requirements and the maintenance of equipment records.
  - ~ Served as Weapons Petty Officer while attached to Beach Master Unit Two during the 94- 95 deployment to the Mediterranean and Former Yugoslavia. Responsible for all weapon maintenance and training while underway.
  - ~ Received certification as an Emergency Vehicle Operator instructor.
    - 40 hour classroom and hands on instruction regarding the operation of emergency vehicles and the establishment of an intra-command training curriculum.
  - ~ Served as Petty Officer in Charge of Operations for Alpha Company First Platoon. Coordinated and supervised all earthwork operations undertaken by Amphibious Construction Battalion Two from April 95- July 96.

## **VOLUNTEER EXPERIENCE**

### **Board Member - Ridgway Heritage Council (Jan 2016 - June 2017)**

- The Ridgway Heritage Council supports economic development in Ridgway through the preservation of our precious heritage and natural resources that were the original foundation of our community.

### **Chiropractic Intern (Dec 08 - Oct 09)**

- Performed scoliosis screenings for three elementary schools in the metropolitan Auburn, NY area.
- Clinical Rotations at the following healthcare facilities:
  - Monroe Community Hospital, Rochester, NY (Dec 08- Sep 09)
  - Canandaigua Veterans Affairs Medical Center, Canandaigua, NY (Apr - Oct 09)
  - St. Joseph's Neighborhood Center, Rochester, NY (7 May 09)
  - Rochester Veterans Affairs Outpatient Clinic, Rochester, NY (May- Oct 09)
  - Bath Veterans Affairs Medical Center, Bath, NY (Jun & Oct 09)

## **CONTINUING DEVELOPMENT**

### **Primary Spine Practitioner (Completed 4 [CAT I] & 63 [CAT II] CEUs 28 Sep 13 - 05 Dec 15)**

- An evidence-based, patient centered spine pathway based on a biopsychosocial model of care. Strong emphasis is put on patient choice, education and motivation in self-care. The health care provider is trained in the pathway and necessary diagnostic, treatment and communication skill sets to effectively manage most cases by treating 85+% of spine patients and triage the rest to appropriate care. [Presented by Spine Care Partners, LLC and sponsored by D'Youville College]

### **Advanced Certificate in Whole Foods Nutrition (Completed 14 Aug 09)**

- Implementation of whole food nutrition and supplementation for various health conditions and optimal well-being.

### **Advanced Chiropractic Billing and Coding (8 CE Hour Course Completed 9 Nov 11)**

- Presented by The H.J. Ross Company covers ethical billing, coding and reimbursements for the Chiropractic Profession.

### **Anatomy of Pain - Neil-Asher Tech. Trigger Point Therapy Master Level Certification (Completed 9 CEUs 26 Apr 16)**

- NCBTMB accredited; a comprehensive guide to main muscle trigger points, pain maps, and recommended Niel Asher techniques.

### **Athletic TIPS Instructor Certification (Completed 8 Non-CE hours of Chiropractic Continuing Education 13 June 16)**

- Toward Injury Prevention in Sports (TIPS) instructor certification, a Foundation for Chiropractic Progress community based program that provides educational workshops on topics such as: concussion recognition/prevention, nutrition in sports management, recognizing/managing/preventing musculoskeletal injuries, and preventing dehydration/heat-related conditions. (Administered by ChiroCredit.com and approved by the University of Bridgeport)

### **Certified Kinesio Taping Practitioner (KT1-3; Completed 24 CEUs; Certification conferred 22 Sep 09)**

- Provides the medical practitioner with expert instruction on the Kinesio Taping Method and its application in the treatment of musculoskeletal pain and injury.

### **Corrective Exercise Specialist (Conferred by National Academy of Sports Medicine Cert.#: 1180196733)**

- A variety of static and dynamic assessments to identify human movement imbalances and use the results to design effective programs for patients with the Corrective Exercise Continuum (CEX). The CEX is a simple yet highly effective four-step process that is used with patients to improve, and ultimately, correct common movement compensations which leads to them feeling better, moving better, and performing at higher levels.

### **Heads Up! Concussion in Youth Sports Training (Completed 13 June 16)**

- Course that covers the following: understanding concussion and the potential consequences of this injury, recognizing concussion signs and symptoms and how to respond, steps for returning to activity after a concussion, and prevention and preparedness to help keep athletes safe season-to-season. (Sponsored by Centers for Disease Control and Prevention, National Center for Injury Prevention and Control)

## **LICENSES AND CERTIFICATIONS**

New York State Chiropractic License (X011800)

~ Expires 31 July 18

Pennsylvania State Chiropractic License (DC010897)

~ Expires 01 Sep 18

Pennsylvania Adjunctive Procedures License (AJ010674)

~ Conferred 01 July 14

National Board Examination Parts I, II, III, & IV Certificate of Attainment (119303)

~ Conferred by the National Board of Chiropractic Examiners in 2009

Physiotherapy Examination Certificate of Attainment (96500)

~ Conferred by the National Board of Chiropractic Examiners in 2009

## **AWARDS**

Work Enthusiasm Award

~ Conferred by EV Williams Inc.

Good Conduct Award

~ Conferred by Commanding Officer Amphibious Construction Battalion Two

Letter of Commendation

~ Conferred by Commanding Officer USS Nassau

Letter of Commendation

~ Conferred by Vice Admiral Prucher, Commander Six Fleet

Letter of Appreciation

~ Conferred by White House Communications Agency