

Tamera Tolson DC, CCSP

107 Brandon Way, Mt. Sterling, KY 40353

Phone: 859-400-1009

Fax: 859-499-1016

ttolsondc@gmail.com

<http://www.myspinecenter.infor>

SELECTED OCUPATIONAL HISTORY

Chiropractic Director, Chiropractor, Linton Spine & Joint Chiropractic Center, Mt. Sterling, Kentucky, May 2014-present

EDUCATION & LICENSURE

Certified Chiropractic Sports Physician, Licensed in the state of Kentucky, License #5694, 2015-present

Doctor of Chiropractic, Licensed in the state of Kentucky, License #5249, 2010-present

Doctorate of Chiropractic, Palmer College of Chiropractic, Port Orange, Florida, 2010

Internship, Maysville Family Chiropractic, Maysville, Kentucky, 4/2010-6/2010

Internship, Palmer College of Chiropractic, Port Orange, Florida, 7/2009-3/2010

National Board of Chiropractic Examiners, Part I, 2010

National Board of Chiropractic Examiners, Part II, 2010

National Board of Chiropractic Examiners, Part III, 2010

National Board of Chiropractic Examiners, Part IV, 2010

National Board of Chiropractic Examiners, Physiotherapy, 2010

Bachelor of Biology, Morehead State University, Morehead, Kentucky, 2002-2006

SELECTED POST GRADUATE EDUCATION, CERTIFICATIONS, and DIPLOMATES

Diplomate American Chiropractic Board of Sports Physician Candidate, *300 hour program involving, team physician concepts, concussion management, pediatric athletes, strength/conditioning, sports performance, rehabilitation of spine and extremities, evaluation and management of upper extremities, soft tissue exam and treatment, evaluation and management of lower extremities, advanced emergency procedures, advanced clinical correlations, and a minimum of 100 hours of practical field experience.*

Southern California University, Cleveland, OH, February 2016-present

Chiropractic X-ray: A Review of the Basics from A to Z and Radiology Risk Management. *A review of radiology practices including normal anatomy, pathologic x-ray markings, mensurations in chiropractic, common skeletal variants, and x-ray quality.* Texas Chiropractic College, Louisville, KY, January 2017

Certified Chiropractic Sports Physician, *100 hour program of the diagnosis, management, and treatment of industrial, community, intramural and recreational athletes who sustain a sports-related injury or are at risk for sustaining an injury. Emphasis on head trauma, upper extremity, lower extremity, and spine, with a review of post-injury criteria for return to play.* Lincoln College of Post Professional, Graduate and Continuing Education, Chicago, IL, January-August 2015

Post-Surgical Spine Rehabilitation Training, *Post-surgical spine rehabilitation of patients who have undergone minimally invasive spinal surgery, emphasizing a continuum of the quality of treatment and care for the patient.* Sponsored by the American Chiropractic Association and The Laser Spine Institute in partnership with the ACA Rehab Council. Cleveland, Ohio, May 2015

Athletic Injury Care, *A review in the most common types of athletic injuries for the upper extremities, lower extremities, and spine. Emphasis on management of the athlete to aid, prevent, and stabilize acute injuries. Review of return to play criteria.* University of Western States, Lexington, Kentucky, February 2015 & 2016

Optimizing Performance & Rehab Using Kinesiology Tape, *Review of kinesiology purpose and function, with emphasis on various techniques of application to improve performance for patient demands of activity.* Cross Country Education, Lexington, Kentucky, September 2014

Identification and Treatment of Traumatic Cervical Syndromes, *Review of normal radiological findings to compare to post-traumatic findings. Motion x-ray and the role it has in the evaluation of cervical post-traumatic injuries. Evaluation techniques required to diagnose post-traumatic ligamentous damage. Rehabilitation procedures to stabilize unstable ligamentous injuries.* Texas Chiropractic College Post Graduate Department, Lexington, Kentucky, 2014

Chiropractic Biophysics (CBP) Protocols, *Emphasis on optimal posture and spinal alignment for the cervical, thoracic and lumbar spine, as well as emphasis on proper documentation of pain, function, and outcomes for patient health and well being.* Dr. Deed Harrison, DC, Lexington, Kentucky 2013

Documentation for Insurance Companies & Compliance, *Review of HIPPA guidelines. Review and updates on appropriate documentation methods for EHR systems and compliance.* Kentucky Chiropractic Society, Lexington, Kentucky, 2013

Chiropractic Bootcamp, *Review of acute and chronic care treatment guidelines to properly document and manage worker compensation and personal injury claims. Criteria of utilization for MRI, CT scans, bone scans, PET scans, and other diagnostic imaging procedures. Pain management skills developed to determine whether a patient is properly selected for pain management. Functional medicine/epigenetics addressed nutrition, and causes for underlying diseases and communication training to engage patients in therapeutic partnership,* Kentucky Association of Chiropractors, Newport, Kentucky, 2012

Decompression Therapy, *Understanding spinal decompression with therapeutic rehab to improve outcomes for problematic disc patients.* Southern California University of Health Sciences, Bowling Green, Kentucky, 2011

SELECTED MEMBERSHIP

American Board of Chiropractic Sports Physicians, 2015-present

American Chiropractic Association, Member, 2015-present

SELECTED COMMUNITY SERVICE

Team Chiropractic Physician for Montgomery County High School and Junior High 2016-2017

Team Physician for Montgomery County High School Wrestling Team 2015-2016

St. Joseph Hospital Walk with a Doc Program, Group Leader, Mt. Sterling, Kentucky 2015

The Honorable Order of Kentucky Colonels, Frankfort, Kentucky, 2015

Leadership Montgomery County, Graduate Member, Mt. Sterling, Kentucky, 2015

Relay for Life, Sponsor, Mt. Sterling, Kentucky, 2011-2013 & 2002-2006

Thanks giving Food Drive for Fayette County Area, Sponsor, Lexington, Kentucky 2011-2013

Gift Giving Tree for Fayette County Area, Sponsor, Lexington, Kentucky 2011-2013

Clinic Abroad Program- India, Palmer College of Chiropractic, Port Orange, Florida, 2009