

Timothy F. Bain, DC, FAAIM, CCSP

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SELECTED OCCUPATIONAL HISTORY

Founder and CEO, Bain Complete Wellness LLC. (formerly Bain Family Chiropractic Inc.), Tampa, FL, 2003 – Present

Team Chiropractic Physician, Tampa Bay Lightning, 2011 - Present

Co-Founder and Medical Director, Chiropractor, Saddlebrook Sports Performance, Wesley Chapel FL, 2006 - Present

Medical Director, Chiropractic Physician, Saddlebrook Academy, Wesley Chapel FL, 2007 – Present

Clinic Director, Chiropractic Physician, Bain Sports Rehab Global, Tampa, FL, 2003 - Present

Chiropractic Physician, Ribley Family Chiropractic, Inc. Tampa FL, 2002-2003

EDUCATION and LICENSURE

Executive Masters in Healthcare Leadership, Brown University, Providence RI, 2016

Doctor of Chiropractic, Licensed in the State of Florida, License # CH 8562, 2002 - Present

Doctor of Chiropractic, Licensed in the State of Rhode Island, License # DCP 00467, 2002-Present

Doctorate of Chiropractic, Life University, Marietta, GA, 2001

National Board of Chiropractic Examiners, Part 1, 1999

National Board of Chiropractic Examiners, Part 2, 2000

National Board of Chiropractic Examiners, Part 3, 2000

National Board of Chiropractic Examiners, Part 4, 2001

National Board of Chiropractic Examiners, Physiotherapy, 2001

Internship, Life University Outpatient Facility, Atlanta GA 1999-2001

Bachelor of Science in Biology, Manhattan College, New York, NY 1988

Certified Chiropractic Sports Medicine Specialist, Texas Chiropractic College, Post- Doctoral Division, Tampa, FL, 2006

Certified Sports Injury Specialist, Texas Chiropractic College, Post- Doctoral Division, Tampa, FL, 2006

Certified Exercise Strength and Conditioning Specialist, Post- Doctoral Division, Tampa, FL, 2006

SELECTED POST-GRADUATE EDUCATION and CERTIFICATIONS

Ground Force Reactions and their affects on the Kinetic Chain Changes, Texas Chiropractic College Post Doctoral Education, Orlando, FL, 2015

Quick but Quality Routine Visit Documentation, Texas Chiropractic College Post Doctoral Education, Orlando, FL, 2015

The Feet and Ankles – *The Foundation of Your House*, Texas Chiropractic College Post Doctoral Education, Orlando, FL, 2015

Medical Errors – *Upper Extremity Entrapment Neuropathies Commonly Misdiagnosed as Cervical Origin*, Texas Chiropractic College Post Doctoral Education, Orlando, FL, 2015

Management of Lumbar Disc Derangements, Texas Chiropractic College Post Doctoral Education, Orlando, FL, 2015

Documenting Treatment for the Patient with Diabetes, Hypertension, Metabolic Syndrome & Other Mitochondrial Dysfunction Disorders, Texas Chiropractic College Post Doctoral Education, Orlando, FL, 2015

How Good Organizations and Smart People Find Themselves in the Headlines for Ethical Lapses, Texas Chiropractic College Post Doctoral Education, Orlando, FL, 2015

Florida Laws & Rules Panel, FCA, Texas Chiropractic College Post Doctoral Education, Orlando, FL, 2015

Overview and Introduction to the Conversion from ICD-9 to ICD-10, FCA, Texas Chiropractic College Post Doctoral Education, Orlando, FL, 2015

Ligament Laxity and Permanent Injury, *Recognizing the symptoms of ligamentous laxity and utilizing advanced imaging techniques to document permanency*, University of Bridgeport - Health Sciences Post Graduate Education, Orlando, FL 2013

Neuropathy and Chronic Pain, *Diagnostic and treatment protocols for the management of chronic pain disorders and dysfunction*, University of Bridgeport - Health Sciences Post Graduate Education, Orlando, FL 2013

Gluten Related Disorders, *Identifying, correcting, and managing the influx of gluten related intolerances and the symptoms of disease they create*, University of Bridgeport -Health Sciences Post Graduate Education, Orlando, FL 2013

Female Libido and Sex Drive, *The Science behind balancing hormones through bio-chemical assays and interpretation*, University of Bridgeport -Health Sciences Post Graduate Education, Orlando, FL 2013

Medical Errors, *An Overview of the literature regarding the treatment of high blood pressure*, University of Bridgeport -Health Sciences Post Graduate Education, Orlando, FL 2013

Ethics and Boundaries, *Understanding the strains on the system due to erratic coverage and care*, University of Bridgeport -Health Sciences Post Graduate Education, Orlando, FL 2013

Beating Stress, Depression, Insomnia and Fatigue, Stacey Nottingham DC, University of Bridgeport -Health Sciences Post Graduate Education, Orlando, FL 2013

Spinal Biomechanical Engineering, *Differential diagnosis of patho-biomechanics in the cervical, thoracic and lumbar spine as sequalle to micro and macro trauma and chronic biomechanic instabilities. Understanding the clinical implications of long term biomechanical failure in resultant disc pathology, ligament pathology and osseous pathology*. Federation of Chiropractic Licensing Boards, Academy of Chiropractic Post Doctoral Division, Boca Raton, FL, 2013
MRI Spine Interpretation, *Bulge, herniated, protruded, extruded, sequestered discs, differential diagnoses and clinical triage implications. MRI physics and slice protocols*. Federation of Chiropractic Licensing Boards, Academy of Chiropractic Post Doctoral Division, Boca Raton, FL, 2013

Diplomate - American Academy of Integrative Medicine, 2013

Impairment Rating Certification, *The understanding and utilization of the protocols and parameters of the AMA Guide to the Evaluation of Permanent Impairment 6th Edition. Spine, neurological sequelae, migraine, sexual dysfunction, sleep and arousal disorders, station and gait disorders and consciousness are detailed for impairment rating. Herniated discs, radiculopathy, fracture, dislocation and functional loss are also detailed in relation to impairment ratings*, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2013

Accident Reconstruction: Terms, Concepts and Definitions, *The forces in physics that prevail in accidents to cause bodily injury. Quantifying the force coefficients of vehicle mass and force*

vectors that can be translated to the occupant and subsequently cause serious injury, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2013

Accident Reconstruction: Causality, Bodily Injury, Negative Acceleration Forces, Crumple Zones and Critical Documentation, Factors that cause negative acceleration to zero and the subsequent forces created for the vehicle that get translated to the occupant. Understanding critical documentation of hospitals, ambulance reports, doctors and the legal profession in reconstructing an accident, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2013

Accident Reconstruction: Skid Marks, Time, Distance, Velocity, Speed Formulas and Road Surfaces, The mathematical calculations necessary utilizing time, distance, speed, coefficients of friction and acceleration in reconstructing an accident. The application of the critical documentation acquired from an accident site, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2013

Accident Reconstruction: Research, Causality and Bodily Injury, Delta V issues correlated to injury and mortality, side impact crashes and severity of injuries, event data recorder reports correlated to injury, frontal impact kinematics, crash injury metrics with many variables and inquiries related to head restraints, Academy of Chiropractic Post Doctoral Division, Long Island, NY, 2013

Neurodiagnostics, Imaging Protocols and Pathology of the Trauma Patient, An in-depth understanding of the protocols in triaging and reporting the clinical findings of the trauma patient. Maintaining ethical relationships with the medical-legal community. CMCS Post Doctoral Division, New York Chiropractic Council, New York State Department of Education Board for Chiropractic, Long Island, NY, 2013

Diagnostics, Risk Factors, Clinical Presentation and Triaging the Trauma Patient, An extensive understanding of the injured with clinically coordinating the history, physical findings and when to integrate neurodiagnostics. An understanding on how to utilize emergency room records in creating an accurate diagnosis and the significance of "risk factors" in spinal injury. CMCS Post Doctoral Division, New York Chiropractic Council, New York State Education Department Board for Chiropractic, Long Island, NY, 2013

Crash Dynamics and Its Relationship to Causality, An extensive understanding of the physics involved in the transference of energy from the bullet car to the target car. This includes G's of force, newtons, gravity, energy, skid marks, crumple zones, spring factors, event data recorder and the graphing of the movement of the vehicle before, during and after the crash. Determining the clinical correlation of forces and bodily injury. CMCS Post Doctoral Division, New York Chiropractic Council, New York State Education Department Board for Chiropractic, Long Island, NY, 2013

MRI, Bone Scan and X-Ray Protocols, Physiology and Indications for the Trauma Patient, MRI interpretation, physiology, history and clinical indications, bone scan interpretation, physiology

and clinical indications, x-ray clinical indications for the trauma patient. CMCS Post Doctoral Division, New York Chiropractic Council, New York State Education Department Board for Chiropractic, Long Island, NY, 2013

Neurodiagnostic Testing Protocols, Physiology and Indications for the Trauma Patient, Electromyography (EMG), Nerve Conduction Velocity (NCV), Somato Sensory Evoked Potential (SSEP), Visual Evoked Potential (VEP), Brain Stem Auditory Evoked Potential (BAER) and Visual-Electronystagmosgraphy (V-ENG) interpretation, protocols and clinical indications for the trauma patient. CMCS Post Doctoral Division, New York Chiropractic Council, New York State Education Department, Board for Chiropractic, Long Island, NY, 2013

Documentation and Reporting for the Trauma Victim, Understanding the necessity for accurate documentation and diagnosis utilizing the ICD-9 and the CPT to accurately describe the injury through diagnosis. Understanding and utilizing state regulations on reimbursement issues pertaining to healthcare. CMCS Post Doctoral Division, New York Chiropractic Council, New York State Education Department, Board for Chiropractic, Long Island, NY, 2013

MRI Methodology of Analysis, MRI interpretation sequencing of the cervical, thoracic and lumbar spine inclusive of T1, T2, STIR and 3D gradient studies to ensure the accurate diagnosis of the region visualized. New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post Doctoral Division, Buffalo, NY, 2013

MRI Clinical Application, The clinical application of the results of space occupying lesions. Disc and tumor pathologies and the clinical indications of manual and adjustive therapies in the patient with spinal nerve root and spinal cord insult as sequelae. New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post Doctoral Division, Buffalo, NY, 2013

MRI Protocols Clinical Necessity, MRI slices, views, T1, T2, STIR Axial, Stacking, FFE, FSE and Sagittal images. Clinical indication for the utilization of MRI and pathologies of disc in both trauma and non-trauma sequella, including bulge, herniation, protrusion, extrusion and sequestration. AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences, Buffalo NY, Academy of Chiropractic Post Doctoral Division, Long Island NY, and CMCS Post Doctoral Division, Buffalo, NY, 2013

MRI History and Physics, Magnetic fields, T1 and T2 relaxations, nuclear spins, phase encoding, spin echo, T1 and T2 contrast, magnetic properties of metals and the historical perspective of the creation of NMR and MRI. New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post Doctoral Division, Buffalo, NY, 2012

MRI Spinal Anatomy and Protocols, *Normal anatomy of axial and sagittal views utilizing T1, T2, 3D gradient and STIR sequences of imaging. Standardized and desired protocols in views and sequencing of MRI examination to create an accurate diagnosis in MRI.* New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post Doctoral Division, Buffalo, NY, 2012

MRI Disc Pathology and Spinal Stenosis, *MRI interpretation of bulged, herniated, protruded, extruded, sequestered and fragmented disc pathologies in etiology and neurological sequelae in relationship to the spinal cord and spinal nerve roots.* New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post Doctoral Division, Buffalo, NY, 2012

MRI Spinal Pathology, *MRI interpretation of bone, intradural, extradural, cord and neural sleeve lesions. Tuberculosis, drop lesions, metastasis, ependymoma, schwannoma and numerous other spinal related tumors and lesions.* New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post Doctoral Division, Buffalo, NY, 2012

Fully Informed Consent for Chiropractors Managing Low Back Pain, *Fully informed consent includes an overview of available alternatives to the proposed course of care. In order for chiropractors to achieve fully informed consent with their patients, they must themselves become knowledgeable about all commonly used interventions for low back pain, including those administered primarily by other health disciplines and specialties* - Texas Chiropractic College, Division of Post Doctoral Division Studies, Orlando, FL, 2011

Florida Laws and Rules, *Designed to familiarize practicing physicians with new Florida laws and rules to insure physician compliance* - Texas Chiropractic College, Division of Post Doctoral Division Studies, Orlando, FL, 2011

Advanced Imaging of the Upper Extremity: Technique and Interpretation, *The basics of imaging interpretation and assessment utilizing a case based approach. Focus on specific MR imaging techniques or other imaging modalities to minimize false negative studies* - Texas Chiropractic College, Division of Post Doctoral Division Studies, Orlando, FL, 2011

Prevention of Medical Errors: Nutrients for Pain Relief & Associated Precautions, *Systemic nutritional and biochemical factors that can cause, enhance, and prolong pain and how to avoid the potential for medical errors when using them. Finding hidden food allergies utilizing protocols from Dr. Schmitt's peer-reviewed paper on the subject. Nutrient-based therapeutic procedures will be discussed, including supplementation and dietary considerations as well as possible clinical pitfalls involved with their use* - Texas Chiropractic College, Division of Post Doctoral Division Studies, Orlando, FL, 2011

Documenting Your Plan of Care and Its Efficacy, *Documenting a plan of care according to the Medicare LCD for chiropractors, focusing on the importance of addressing and updating the plan of care at each visit, and the correlation of the plan of care to the subjective, objective and assessment findings*- Texas Chiropractic College, Division of Post Doctoral Division Studies, Orlando, FL, 2011

Nutrition Training Camp for Doctors, *Facilitating the use of diet therapy and basic nutrition supplements in clinical practice. Special attention is paid to the clinical and nutritional interventions that apply to each part of the life cycle, in addition to the review of essential nutrition concepts, physiological principles and nutritional recommendations*, Standard Process, Palmyra, WI, 2011

Nutrition Training Camp for Doctors: Cardiovascular Health, Essentials of Nutrition Therapy and Balancing Blood Chemistry, *Nutritional support for cardiovascular health with an emphasis on effectively evaluating the body's blood chemistry. Nutritional support for common hormonal imbalance problems* -Texas Chiropractic College, Division of Post Doctoral Division Studies, Orlando, FL, 2011

Active Release Techniques Soft Tissue Management System for the Lower Extremity, *The ART® Lower Extremity Course consists of 96 protocols including peripheral nerve entrapments* -New York Chiropractic College Post Doctoral Education, Niagara Falls, ON, 2010

Active Release Techniques Soft Tissue Management System for the Upper Extremity, *The ART® Upper Extremity Course consists of 106 protocols including peripheral nerve entrapments* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2010

Workers' Compensation Certification, *Preparing practitioners in managing cases of Florida workers' compensation and updating practitioners in what mandates the healthcare practitioner MUST DO to be compliant* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2009

Prevention of Medical Errors: Herb and Drug Interactions, *An overview of the most current clinical applications and scientific information regarding herbal therapy efficacy, safety, cautions, potential adverse reactions, and interactions with RX and OTC drugs. Basic safety guidelines for medicinal herbs that many patients use regularly, including: garlic, echinacea, Korean ginseng, St. John's wort and Ginkgo Biloba. General botanical safety cautions for pharmaceutical medications, including: aspirin, benzodiazepines, chemotherapy, oral contraceptives, and anti-coagulant therapy* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2009

Injury, Inflammation, Pain Relief: Chronic Pain, *Techniques for chronic pain based on combining principles of the modern neurology of pain with those of traditional acupuncture meridian therapy. In lecture, demonstration, and workshop, easy-to-use will be taught for evaluating and treating patients with pain that has been present for more than a week and as long as decades. In addition several key nutritional and biochemical factors that can cause,*

enhance, and prolong chronic pain discussed - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2009

New Ideas for Treating, Understanding and Diagnosing Myofascial Pain, A deeper understanding of stress, myofascial pain, nutrition, and fascia connections in the body will broaden and increase your success as a clinician. A “hands-on” workshop that focuses on a comprehensive medicine approach to acute and chronic pain and dysfunction - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2009

Neuropathophysiology of Autism, ADHD, Bipolar, Depression and Anxiety in Children and a Neuro-Metabolic approach for Managing These Children, Exploration of the exploding epidemic of autism and ADHD, providing a clear understanding of this growing crisis, explore the underlying etiology of this epidemic and a natural neuro-metabolic approach to dealing with these disorders - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2009

Chiropractic Nutrition-Adrenal Support and Calcium Metabolism, Chiropractic nutrition is the use of diet and food supplements to support the chiropractic adjustment and the tool for addressing the biochemical aspect of the subluxation. Disturbances in function cause specific subluxations by way of the viscerosomatic reflex - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2009

Metabolic Myopathies: Things that Cramp and Spasm, The metabolic origins of complaints seen in a chiropractic practice with respect to muscle cramps and spasms discussed. The metabolic basis of muscle dysfunction explored along with the wide variety of evidence-based diagnostic and therapeutic approaches specific to the chiropractic setting - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2009

The Vertebral Subluxation Complex, Review of the five traditional components of the vertebral subluxation complex from an integrative standpoint, so that we may explore an actual acute traumatic episode of the vertebral subluxation complex, its subsequent stages of healing (without correction of the pathomechanical event) and its consequent residuals. Diagnose structural faults in the spine, extremities, craniosacral and the fascia systems - Palmer Chiropractic College Post Doctoral Education, St Petersburg, FL, 2008

Mitochondrial Dysfunction and Chronic Inflammatory Disease, The latest information about cancer, cardiovascular disease, Lyme disease, and autism. The causal factors for each of these diseases is discussed and alternative therapies that assist in their reversal, Palmer Chiropractic College Post Doctoral Education, St Petersburg, FL, 2008

Injury, Inflammation and Pain Relief: Acute Pain, Cutting-edge techniques for acute pain based on combining principles of the modern neurology of pain with those of traditional acupuncture meridian therapy. In lecture, demonstration, and workshop, easy-to-use methods taught for evaluating and treating patients with pain ranging from “on-the-field” injuries up to about one week following the onset of pain. Also discussed are several key nutritional and biochemical factors that can cause, enhance, and prolong acute pain - Palmer Chiropractic College Post Doctoral Education, St. Petersburg, FL, 2008

Detoxification and Digestive Support, *Discussion of the fundamental root causes underlying widespread digestive problems, and why effective nutrition protocols for detoxification and healthy digestion may also be necessary for successful outcomes with seemingly unrelated disorders (musculoskeletal inflammation, obesity, hormone imbalances, etc.). Recent research validating the use of intestinal probiotics for metabolic health also discussed* - Palmer Chiropractic College Post Doctoral Education, St Petersburg, FL, 2008

Neuro-musculoskeletal Aspects of Functional Rehabilitation, *Focus on the relationship of muscles and fasciae to structural and neurological aspects of the body in health and disease and the relevant basic and clinical sciences as well as in related humanities. These tissues make a significant contribution to the fields of chronic pain control and management, behavioral modification, sports injury management, personal training in health maintenance and the management of acute and chronic effects of accidents and rehabilitation* - Palmer Chiropractic College Post Doctoral Education, St Petersburg, FL, 2008

Myotonic Facilitation: Soft Tissue Diagnosis & Techniques (Extremities), *The application of various bony and soft tissue techniques while utilizing multiple diagnostic tools to evaluate patient response to care is discussed. Diagnostic skills include postural analysis, dynamic motion analysis, muscle palpation protocols, and eccentric break strength testing protocols for extremities* - New York Chiropractic Council Post Doctoral Education, Orlando FL, 2008

Myotonic Facilitation: Soft Tissue Diagnosis & Techniques (Spine), *The application of various bony and soft tissue techniques known while utilizing multiple diagnostic tools to evaluate patient response to care is discussed. Diagnostic skills include postural analysis, dynamic motion analysis, muscle palpation protocols, and eccentric break strength testing protocols for the spine* - New York Chiropractic Council Post Doctoral Education, Orlando FL, 2008

Chronic Pain Management, *Techniques for chronic pain based on combining principles of the modern neurology of pain with those of traditional acupuncture meridian therapy. In lecture, demonstration, and workshop, methods will be taught for evaluating and treating patients with pain that has been present for more than a week and as long as decades. Also included are nutritional and biochemical factors that can cause, enhance, and prolong chronic pain* - New York Chiropractic College Post Doctoral Education Orlando, FL, 2007

Applied Science, Theory, and Clinical Application of Kinesio Taping, *Important updates in the research pertaining to pain neurophysiology and nociceptive impact on neuromuscular deficits. This provides the framework of the concepts as to how kinesiology taping achieves its therapeutic potency. From there, clinically relevant demonstrations and instruction of applications* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2007

Overcoming Thyroid Disorders: An Integrative Approach for the Chiropractic Practice, *The complexity and importance of thyroid disorders, including chronic fatigue, fibromyalgia, Graves' disease, Hashimoto's disease and hypothyroidism. The holistic treatment plan outlined demonstrates safe and effective strategies that can significantly improve thyroid function and help patients achieve optimal health* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2007

A Masters Guide to Nutritional Integration, *Principles of utilizing whole food nutritional supplements and herbal therapy needed to support the patient with inflammatory conditions, common hormonal imbalance problems, and cardiovascular health* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2007

Therapeutic Modalities for the Chiropractic Physician, *Different therapeutic modalities used in a chiropractic practice are discussed such as electronic stimulation, hydrotherapy, massage therapy, acupuncture and acupressure, and exercise therapies* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2007

The Miracle of Natural Hormones, *The use of natural hormones and other natural treatments can treat or even reverse many chronic conditions such as heart disease, PMS, menopause, chronic fatigue syndrome, fibromyalgia, migraine headaches, hypothyroidism and many more conditions* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2007

Chiropractic Neurology - The Dysfunctioning Brain, *An examination of the systems involved with movement and coordination, discussion of cerebellar anatomy, how to differentially diagnose by applying clinical signs of cerebellar dysfunction, and how to recognize cerebellar syndromes by their anatomical areas* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2007

The Evidence Based and Informed Neurological Practice, *The best research evidence with clinical expertise and patient values, the different classes of evidence, neurological sciences and a detailed description of its purpose, learning outcomes, required resources, content, teaching strategies, and assessment tools. The principles of EBCP through the review of pertinent neurological clinical questions* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2007

Electrodiagnostic Testing of the Median Nerve and Relevance to Clinical Practice, *Anatomy and the electrodiagnostic evaluation: case studies reviewed to demonstrate clinical relevance* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2007

Certified Chiropractic Sports Medicine Specialist, Texas Chiropractic College Post-Doctoral Division, Tampa, FL, 2006

Certified Sports Injury Specialist, Texas Chiropractic College Post-Doctoral Division, Tampa, FL, 2006

Certified Exercise Strength and Conditioning Specialist, Texas Chiropractic College Post-Doctoral Division, Tampa, FL, 2006

Exercise Strength and Conditioning, *Muscle anatomy and physiology. An overview of the exercise energy systems, progressive resistance exercise methodologies, aerobic/anaerobic exercise training concepts, rehabilitative exercise treatment protocols, and sport specific exercise strength training methods* - Texas Chiropractic College Post Doctoral Education, Tampa, FL, 2006

Sports Nutrition, *Improper nutrition and disease, an overview of the major nutrients and their relation to sports performance, and ergogenic aids to sports performance* - Texas Chiropractic College Post Doctoral Education, Tampa, FL, 2006

Chiropractic Treatment of Golf Injuries, *Topics such as golf swing biomechanics, golf swing faults etiology, prevention and treatment of golf injuries, and golf specific exercise protocols introduced in this course* - Texas Chiropractic College Post Doctoral Education, Tampa, FL, 2006

Sport Specific Exercise Training, *Development of sport specific exercise training protocols, biomechanics and physiology of the baseball swing, baseball strength and conditioning methods, football exercise strength training protocols, exercise and cardiovascular training methods* - Texas Chiropractic College Post Doctoral Education, Tampa, FL, 2006

Chiropractic Sports Medicine Specialist, *Fundamentals of chiropractic sports medicine. Also the etiology and diagnosing of sports injuries, and treating the injured athlete* - Texas Chiropractic College Post Doctoral Education, Tampa, FL, 2006

Diagnostic Testing of Sports Injuries, *A deeper focus on reading plain film radiographs, MRI, CT Scan, bone scans, myelography, and electrodiagnostic testing: EMG, NCV, SSEP are evaluated* - Texas Chiropractic College Post Doctoral Education, Tampa, FL, 2006

Treatment of Sports Injuries, *Overview of common sports injuries, physical rehabilitation methodologies, and chiropractic and cross discipline treatment methods for sports injuries* - Texas Chiropractic College Post Doctoral Education, Tampa, FL, 2006

Evaluation and Diagnosis of Sports Injuries, *Differential diagnosis of sports injuries, mechanisms of injury, and manifestations of neuromuscular dysfunctions common to sports. Orthopedic, neurologic, and chiropractic testing methods examinations are also addressed* - Texas Chiropractic College Post Doctoral Education, Tampa, FL, 2006

Clinical Nutrition: The Pediatric and Aging Patient, *The nutrient requirements and possible consequences of nutritional deficiencies. OTC meds, herbal, vitamin and mineral contraindications: Blood testing parameters that require caution, a specialist referral and proper notations. Appropriate record keeping of treatment, testing, nutritional protocols and follow-up* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2005

Neurological Sequelae of Antipsychotic and Antidepressant Medications, *Neurotransmitter disturbances are an important pathomechanism of adverse reactions of several drugs such as antidepressants which are aimed at manipulating this system for therapy. Knowledge of the pathomechanism of drug-induced neurological disorders (DINDs) is helpful in their assessment. Better understanding of the pathomechanisms of DINDs improves their management* - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2005

Cervical Radiculopathy and Spinal Cord Tumors, *Narrowing of the neuro foramina occurs with cervical spondylosis. Herniated cervical discs also compress or irritate the nerve roots. Tumors*

of the nerve roots or tumors of the spinal canal can lead to cervical radiculopathy. Spinal cord tumors should be recognized as potentially excisable lesions on their initial presentation and when they recur. The optimum treatment for malignant lesions is still to be determined - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2005

Myofascial Directional Therapy, -Why musculoskeletal tissues are highly responsive to mechanical signals for their homeostasis, repair, and adaption. How connective tissue, electrical and cellular signaling are involved with tissue remodeling. How generally dynamic/rhythmic actions are more effective in activating these cellular processes - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2005

Integrating Core Strengthening In Your Active Protocol, Includes a hands on workshop of the three most important exercises targeting the core. A core exercise program should emphasize all of the major muscles that girdle the spine, including but not concentrate only on the abdominal - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2005

Upper Extremity Adjusting, A multitude of corrective cutting edge procedures including manipulation, passive mobilization, active mobilization, and self- mobilization for the upper extremities. Indications and contraindications for their use. Various types of analysis are utilized, including motion palpation, muscle testing, postural assessment, movement pattern evaluation, and orthopedic testing. Differential diagnosis and case management of selected conditions - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2005

Lower Extremity Adjusting, A multitude of corrective cutting edge procedures including manipulation, passive mobilization, active mobilization, and self- mobilization for the lower extremities. Indications and contraindications for their use. Various types of analysis are utilized, including motion palpation, muscle testing, postural assessment, movement pattern evaluation, and orthopedic testing. Differential diagnosis and case management of selected conditions - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2005

Spinal and Musculoskeletal MRI, A balance of traditional clinical topics, state of the art applications and management strategies. Clinical case review sessions provide insight into the combined clinical and diagnostic benefits of spinal and musculoskeletal MRI. The focus of this course is to improve diagnostic capabilities and expand clinical applications - New York Chiropractic College Post Doctoral Education, Orlando, FL, 2005

Certified Defeat Autism Now Clinician, Institute for Medical Studies and Autism Research Institute, Atlanta, GA 2004

SELECTED PUBLICATIONS

Bain, T.F. (2013), Implementation of the Affordable Care Act Requires a New Healthcare Paradigm: Shifting Public Perception and Delivering True Healthcare Via Integrated Models of Wellness Care and Disease Management, White Paper

Bain, T.F. (2012), Increasing performance through hip joint optimization, *Professional Hockey Athletic Trainers Society Newsletter*, Spring Edition, p.7-8.

Bain, T.F. (2011), Increasing sports specific performance in children, *Hillsborough County Chiropractic Society Journal*,

SELECTED TEACHING/INSTRUCTING/LECTURING/CONSULTING

Lecturer, Optimal Performance Strategies from the Professional Athlete to the Working Adult, Rotary Club of New Tampa, Tampa, FL, 2014

Lecturer, The Science of Anti-Aging, Bain Complete Wellness Riverview, Riverview, FL, 2014

Lecturer, The Science of Anti-Aging, Bain Complete Wellness New Tampa, Tampa, FL, 2014

Lecturer, Creating a Paradigm Shift in HealthCare, University of South Florida, Tampa, FL, 2013

Lecturer, Creating a Paradigm Shift in HealthCare, Palmer Chiropractic College, Port Orange, FL, 2013

Lecturer, Challenging Rehabilitation Protocols, Changing the Paradigm to Encompass Function, Palmer Chiropractic College, Port Orange, FL, 2013

Lecturer, Nutrition for Optimal Sport Performance, Academy at the Lakes Football, Tampa, FL, 2011

Lecturer, The Dzigan Method of Optimal Restorative Therapy, Identica Medical Network, Tampa, FL, 2010

Lecturer, Understanding and Creating Optimal Health Protocols, Identica Medical Network, Tampa, FL, 2010

Lecturer, Creating a Healthy Lifestyle through Dietary Modification, Rotary International, Tampa, FL, 2010

Clinical Co-Instructor, Critical Thinking and its Application to Bio Medical Ethics, An Investigation into the Moral Problems That Arise in The Contemporary Bio-Medical Setting, University of Tampa, Tampa, FL, 2009-2010

Clinical Co-Instructor, Critical Thinking: A Detailed and Expansive Review of the Fallacies Surrounding Alternative Medicine and Its Role in Cooperative Healthcare Integration, University of Tampa, Tampa, FL, 2008

Lecturer, Utilizing the Team Paradigm in Individual Sport, Saddlebrook Academy, Wesley Chapel, FL, 2009

SELECTED MEMBERSHIPS

Keiser University Sports Medicine Advisory Board, 2014

Council on Sports Injuries & Physical Fitness of the ACA, Member, 2011 - Present

American Chiropractic Association Sports Council, Member, 2009 - Present

Life Extension Foundation, Member, 2005 – Present

National Strength and Conditioning Association, Member, 2005 - Present

Defeat Autism Now, Member, 2004 - Present

International Chiropractic Pediatric Association, Member, 2002 - Present

Florida Chiropractic Association, Member, 2002 - Present

American Chiropractic Association, Member, 2002 - Present

International Chiropractors Association, Member, 2001 - Present

SELECTED HONORS & AWARDS

Distinguished Researcher, International Pediatric Chiropractic Association, 2008

Chiropractic National Honor Society, Life University, 2001

National Biology Honor Society, Manhattan College, 1988

National Psychology Honor Society, Manhattan College, 1988

Distinguished Researcher, Brookhaven National Laboratories in Conjunction with the Plant Morphogenesis Laboratory at Manhattan College, 1998