

Joshua Paul Eldridge, DC

Diplomate American Chiropractic Board of Sports Physicians®

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Education

- 09/1998-04/2002 National University of Health Sciences, Lombard, IL
- Doctor of Chiropractic
- 09/1996-08/1998 Clearwater Christian College, Clearwater, FL
- Bachelors of Science in Premedical Sciences

Various Course Credits Completed at The Following Institutions

- 09/1994-12/1994 Tunxis Community College
271 Scott Swamp Rd., Farmington, CT 06032
- No Degree Received
- 09/1995-05/1996 Pensacola Christian College
250 Brent Ln., Pensacola, FL 32503
- No Degree Received
- 06/1996-08/1996 Brevard Community College
3865 N. Wickham Rd., Melbourne, FL 32935
- No Degree Received
- 03/2003-05/2004 Cochise Community College
901 North Colombo Ave., Sierra Vista, AZ 85635
- No Degree Received
- 03/2002-06/2002 Brevard Community College
3865 N. Wickham Rd., Melbourne, FL 32935
- No Degree Received

Experience

- 2014-Present Chiropractic Clinic, Fort Benning, GA
- Provide chiropractic services to Active Duty Military
 - Maintain proper workflow with staff and patients
 - Physical Medicine Manager for the US Army National Guard Best Ranger Competition Team (2016 BRC Champions)
- 2011-Present Gymnast Care, USA
- Practice is dedicated to protecting gymnasts from injury and other sports related injury care
 - A leader in injury prevention for gymnasts throughout the USA and the World
 - Provide prevention, rehabilitation, and emergency care to gymnasts, coaches, and staff
 - Brussians Las Vegas Gymnastics Meet 2016 Event Medical Staff
 - Ragnar Trial Medical Manager 2015, Atlanta, GA
 - Ragnar Relay Event Medical Staff (Northwest Passage) and Medical Manager (Napa Valley) 2014
 - Dew Tour Event Medical Staff, Winter 2013, Summer Beach 2014
 - USA Gymnastics Region 2 and Washington State Event Medical Coverage 2011, 2012, 2013, 2014
 - Olympic Training Center Volunteer Staff, 2012

- Invented, Developed, and Patent Granted April 22, 2014 USD703336 S1 for The X Brace.

09/2010-12/2010 Northwest Spine Clinic, Seattle, WA

- Diagnose, treat, and document daily treatment of patients

11/2006-06/2009
Rocky Mountain Chiropractic Center, 3109 35th Ave, Greeley, CO 80639

- Diagnose, treat, and document daily treatment of patients
- Manage the daily activities of clinic operations

12/2008-05/2009
Platte Valley Athletic Department Sports Physician, 501 Clark, Kersey, CO 80644

- Provide treatment of high school age athletes injured while involved in sporting events
- Provide on the field emergency medicine in football, volleyball, basketball and wrestling

08/2005-01/2006
Troop Medical Clinic, STB 3rd INF Division, Camp Liberty, Iraq (BIAP)

- Volunteered at TMC to provide diagnosis of all causes of back and extremity pain
- Treated soldiers with musculoskeletal complaints from combat related and deployment related injury

Books

2013 Gymnast Care Book on Injuries

- Practical protocols to help gymnasts recover from injury
- Prevention techniques to decrease chance of further injuries

Publications and Presentations

2013 *International Treatment of Heel Pain in A Gymnast Through The Internet: A Case Study*

- Developed process through which parents can treat Sever's Disease at home
- International success in the treatment of Sever's Disease
- Presentation given at The Olympic Training Center, Colorado Springs, CO

2014-Present Gymnastics Revolution Seminars

- Present injury prevention and performance enhancement to coaches and professionals interested in the sport of gymnastics
- Currently have presented in 7 venues

2013, 2014, 2016 USA Gymnastics National Congress

- Presentation: Jumping and landing protocol
- Presentation: Taping for champions
- Presentation: Back Pain in Gymnastics

2012 USA Gymnastics, Region 2 High Tech Camp, Portland, OR

- Presentation to athletes: Nutrition and Safety

2012 USA Gymnastics, Region 2 Supercamp, Redmond, WA

- Presentation to athletes: Nutrition

- 2012, 2014 USA Gymnastics, Region 2 Congress
- Presentation: KT Taping
 - Presentation: Core Strengthening/Control
 - Presentation: Nutrition

- 2012, 2013, 2014 USA Gymnastics Washington State Clinic
- KT Taping
 - Soft Tissue Techniques for The Athlete
 - Top 10 Gymnastics Injuries and How to Prevent
 - Championship Nutrition
 - Athletic Taping

Teaching Experience

- 09/2007-05/2009 Aims Community College, Greeley, CO
- Adjunct professor of anatomy and physiology

- 09/2007-05/2008 Academy of Natural Therapy, Greeley, CO
- Instructor of anatomy, physiology, and kinesiology

Continuing Education

2016 Advanced Cardiac Life Support

2016 Pediatric Advanced Life Support

2015 Certified, Selective Functional Movement Assessment

2014 Diplomate American Chiropractic Board of Sports Physicians®

- 300 post-doctoral education hours
- Peer reviewed paper presentation
- Over 200 on-field practical hours
- Written board completion
- Practical board completion

2014 American Chiropractic Board of Sports Physicians® Concussion Registry

- Proficient in current evidenced based concussion management information
- The ability to demonstrate competency regarding the evaluation and management of concussion in sport

2012 Kinesiology Taping

- Certified in Fundamentals and Intermediate Technique

2010 CrossFit Instructor Training

- Level 1 CrossFit Instructor Certification

2007 Certified Chiropractic Sports Physician®

- 100 hour post-doctoral board certification
- Learn core curriculum and skills to practice as a sports physician

Other Employment

- 05/2007-Present ChiroPractice Pro
- Cofounder/Co-developer of program which is an EMR for Chiropractic Physicians
 - Customer care and partner development coordinator

- 01/2007-08/2011 United States Army Reserve
- 373 MI BN, Tumwater, WA
 - 321st MI BN, Austin, TX
 - **June 2009-August 2010** train up and deployment to Afghanistan -- promoted to Staff Sergeant (E-6) while deployed
 - Military Intelligence Integrator/Maintainer, 33W20, E-5
 - Additional Skill Identifier in Unmanned Aerial Electronic Maintenance (U2)

- 01/2003-01/2007 United States Army
- Military Intelligence Integrator/Maintainer, 33W20, E-5
 - Additional Skill Identifier in Unmanned Aerial Electronic Maintenance (U2)
 - 2005-2006 deployment to Baghdad, Iraq

Community Involvement

- 2007-2009 Board of Directors, Boys & Girls Club of Weld County
- Provide oversight to the daily operations of the Weld County Club
 - Involved in providing support to underprivileged families in Weld County

- 2007-2009 Medical Advisory Board, Pregnancy Resource Center of Greeley
- Advise the Center on how best to provide medical treatment at its facility
 - Network with other physicians and health professionals to provide best treatment for underprivileged females outside of Center's facility

Special Interests and Awards

- The following were awarded during deployment to Afghanistan in 2009-2010:
 - Meritorious Service Medal for "Exceptionally Meritorious Service"
 - Army Achievement Medal for providing immediate first aid to fellow soldiers
 - NATO Service Medal
 - Combat Action Badge for being directly engaged by the enemy
- Awarded the Army Commendation Medal for "Exceptionally Meritorious Service" while in Iraq.
- Certified as a Combat Lifesaver (CLS) during deployments in Iraq and Afghanistan
- Received the Good Conduct Medal for three years of "Exemplary Behavior, Efficiency and Fidelity in Active Federal Military Service"
- Leadership Program of the Rockies, Class of 2008 -- This is a year-long course which promotes leadership training

License and Board Certification

- 2007-Present American Chiropractic Board of Sport's Physicians®
- 2006-Present Washington State Chiropractic License
- 2006-2011 Colorado Chiropractic License

2006-2008

Illinois Chiropractic License

1998-2006

National Board of Chiropractic Examiners

- Completed and passed Parts I, II, III, IV, and Phisio-Therapy Exams

2008-Present

American Heart Association

- Heartsaver First Aid/Adult, Child and Infant CPR & AED
- BLS for Healthcare Provider Program

Security Clearance

Held a DOD Top Secret with Compartmental Sensitive Information Clearance, 2003-2011