

Dr. Jarret Welsh MSAT, DC, DACBSP, ATC

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OBJECTIVE

Self-motivated and energetic Chiropractic Sports Physician with a master's degree in athletic training seeking an opportunity to fully utilize my education, skills and experience to, "give back," and improve the chiropractic profession.

EXPERIENCE

University Faculty

June 2020 - Present

Southern California University of Health Sciences

- Created all educational and PowerPoint presentation material for instruction and testing
- Classes include Emergency Procedures, DC Jurisprudence, Clinical Reasoning 2,3,5,6, IPS 1
- Classes were taught in an accelerated face to face format

University Faculty: Selective Courses

June 2018 - Present

Southern California University of Health Sciences

- Created all educational and PowerPoint presentation material for instruction and testing
- Classes include Special Considerations in Sports, Concepts of a Team Physician, Head/Concussion DDX to RTP, Concussion: Sideline Decision Making
- Classes were taught in an accelerated face to face format

Adjunct Faculty: Gross Anatomy

August 2021 - Dec 2021

Point Loma Nazarene University

- Assignment and coordination of cadaver dissections
- Respond to student's questions and explain difficult concepts with examples and visuals
- Taught students how to appropriately identify muscles through dissections
- Conducted thorough study sessions and mock lab practical's
- Assisted students in learning effective study habits and lab practical strategies
- Administered lab practical and aided with set up and break down
- Graded tests

Faculty

September 2020 – June 2021

Coronado High School

- Classes include: Advance Sports Medicine, Sports Medicine and Anatomy & Physiology
- Created all educational and PowerPoint presentation material for instruction and testing
- Learning and implementing specific curriculum and requirements for high school students
- Created entire lesson plans

Chiropractic Student Preceptor

July 2010 - Present

Southern California School of Health Sciences

- In charge of students doing their clinical rotation in my office
- Teaching students' hands on, "real life" of how a doctor's office is run from billing to handling employees, evaluation, and treatment techniques
- Accessed and graded students' performance per university guidelines

Test Proctor / Administrator

April 2013 - Present

American Chiropractic Board of Sports Physicians

- This degree is the highest accredited degree you can attain in the field of chiropractic and sports medicine
- Test proctor for the practical section of the Sports Diplomat Program
- Created and approved test questions using accreditation standards and protocols
- Sections include spinal trauma, upper and lower extremity management, radiology and taping

Teaching Assistant: Gross Anatomy

June 2019 - July 2019

Point Loma Nazarene University

- Respond to student's questions and explain difficult concepts with examples and visuals
- Taught students how to appropriately identify muscles through dissections
- Conducted thorough study sessions and mock lab practical's
- Assisted students in learning effective study habits and lab practical strategies
- Administered lab practical and aided with set up and break down
- Graded tests

Speaker / Teacher

April 2015 - Present

Midwest Rehabilitation Institute

- Created all educational and PowerPoint presentation material for instruction and tests
- Taught face to face seminars in Emergency Procedures and Exercise Training
- Classes where for Doctor of Chiropractic attaining their certificate as a Certified Chiropractic Sports Physician

Anatomy Teacher

August 2009 - 2011

School of Healing Arts

- Taught Advanced Anatomy B class
- Created all educational and PowerPoint presentation material for instruction
- Created and implemented testing material

Owner / Sports Physician / Chiropractor/Athletic Trainer

Nov 2007 - Present

Peak Performance Sports & Spine Center

- Multidisciplinary Sports Medicine Office
- I have 3 Chiropractors, 1 Massage Therapist/ATC, 1 Acupuncturist, and 1 Physical Therapist
- I run every aspect from patient care to marketing and business procedures
- Techniques include; Active Release Technique, nutrition analysis, biomechanical and functional movement analysis, physical therapy (rehab of all joints, exercise protocols, ultrasound, EMS,

heat, ice), neurotransmitter analysis, exercise training, posture control, Kinesiotape / Spider Tech / Rock Tape application, x-ray and custom orthotic fitting

Athletic Trainer / Chiropractor

September 2020 - Present

Alpinestars Medical Team

(Monster Energy Supercross/Lucas Oil Motocross)

- Immediate emergency care at events
- Pre/Post event care
- Conduct chiropractic and rehabilitation services
- Implemented kinesiotaping, general taping, and splinting
- Directed safe play guidelines such as, delays and cancellations for, heat, cold and wind

Sports Physician / Chiropractor

September 2019 - Present

USA Beach Volleyball

- Lead onsite Sports Physician
- Immediate emergency care at events
- Pre/Post event care
- Conduct chiropractic and rehabilitation services
- Implemented kinesiotaping, general taping, and splinting
- Directed safe play guidelines such as, delays and cancellations for, heat, cold and wind
- International travel care of athletes in other countries

Medical Director / Sports Physician / Chiropractor

June 2022 - Present

USA Field Hockey

- Lead onsite Sports Physician
- Immediate emergency care at events
- Pre/Post event care
- Conduct chiropractic and rehabilitation services
- Implemented kinesiotaping, general taping, and splinting
- Directed safe play guidelines such as, delays and cancellations for, heat, cold and wind
- International travel care of athletes in other countries
- Organize, collect and analyze exercise data from athletes in multiple countries and states

Medical Director / Sports Physician / Athletic Trainer

May 2018 - Present

World Medical Inc.

(Nitro Circus, Dew Tour, Bay Fair Events, Nitro BMX, Skate Boarding, Music Videos, Movie sets)

- Provided emergency care and evaluation to athletes and staff
- Pre/Post event care (rehab, taping, manual therapies)
- Primary treating doctor for all injuries and rehab
- Diagnose, coordinate and treat injuries
- Worked on rescue boat one as the first responder to boat accidents
- Creation and communication to proper staff of EAP at each event
- Pre event walk through
- Directed communication between doctors, physical therapists, emergency personal and staff
- Directed safe play guidelines such as, delays and cancellations for, heat, cold and wind

Team Physician / Chiropractor

April 2008 - Present

The Arena MMA Fight Camp

- Team Physician
- Chiropractic services
- Physical Therapy services
- Injury evaluation and treatment

Team Physician / Chiropractor

February 2012 - Present

Gracie Humaita Jiu Jitsu Competition Team

- Team Physician both in house and at events
- In charge of all medical attention for both staff and athletes in house and at events
- Injury evaluation and treatment
- Chiropractic services
- Physical Therapy services

Team Physician / Chiropractor

March 2008 - Present

San Diego Stallions Semi-Pro Football

- Injury evaluation and treatment
- Chiropractic Services
- Physical Therapy services
- Taping of athletes prior to play
- Immediate medical care on game days and practices
- Coordinated communication between medical staff and emergency medical personnel

Team Physician / Chiropractor

February 2014-Present

San Diego City Ballet

- Overseeing all medical attention for both staff and athletes
- Provided emergency care and evaluation
- Chiropractic services
- Physical Therapy services
- Event and studio medical coverage

Team Physician / Chiropractor

February 2014-Present

San Diego Ballet

- Overseeing all medical attention for both staff and athletes
- Provided emergency care and evaluation
- Chiropractic services
- Physical Therapy services
- Event and studio medical coverage

Team Physician / Chiropractor

San Diego Thunder Semi-Pro Football
National City Bears Semi-Pro Football

Dec 2009 - 2011
March 2011 - 2015

- Team Physician in charge of 2 Athletic Trainers, 1 Massage Therapist
- Responsible for all emergency care on game day and practices
- Rehabilitation, taping of athletes prior to play, personal training, Kinesiotape application
- Injury evaluation and treatment
- Chiropractic services for all players and staff

Team Physician / Chiropractor

Under Armor High School Football Combine

May 2010

- Head Physician
- Injury evaluation and treatment
- Overseeing all medical attention for both staff and athletes
- Liaison between athletes and coaches
- Immediate medical attention on field

Team Physician / Chiropractor

AVP Pro Beach Volleyball Tournament

Santa Barbra 2010

- Medical tent doctor
- Provided chiropractic care, rehab and myofascial release
- Emergency care for athletes and staff of the event
- Provided injury evaluations and recommendations

more teamwork and experience can be seen at www.peakperformancesd.com

Athletic Training Student

University of California San Diego

August 2019 – May 2020

- Led athletes through various strength and balance exercises and dynamic stretches
- Treated athletes with modalities such as: heating, ice packs, stim and ultrasound
- Created and upkept SOAP notes and supply documentation for athletes
- Created rehab plans for various injuries
- Created the EAP for earthquakes
- Provide first aid and CPR for athletic events
- Responsible for immediate care, assessment of injuries, documentation and recommendations
- Coordinated communications between event staff, parents, officials, ATCs and emergency personal
- Set up/take down of events for water polo, lacrosse, ultimate frisbee and rugby
- Responsible for communication of weekly injuries and updates to the coaches

Athletic Training Internship

Point Loma High School

September 2019 – June 2019

- Conducted strength exercises and dynamic stretches
- Treated athletes with modalities such as ice packs and stim
- Created rehab plans for injuries
- Provide first aid and CPR for athletic events
- Responsible for immediate care, assessment of injuries, documentation and recommendations
- Coordinated communications between event staff, parents, officials, ATCs and emergency personal
- Set up/take down pre-practice of all Sports

Athletic Training Internship: Football

Stanford University

June 2019 – July 2019

- Immediate care, assessment of injuries, documentation, and recommendations
- Coordinate with coaches, performance staff and other ATC's on athletes health and RTP time line
- Conducted modalities such as stim, heat, blood flow restriction, and cold laser
- Created mouth guards and fit custom knee braces to all the linemen
- Set up/take down pre-practice for football practice

EDUCATION

Certified Athletic Trainer	May 2020
Point Loma Nazarene University Master's in Athletic Training	May 2020
Western States Chiropractic College, Portland, OR	DACBSP – June 2013
Southern California School of Health Sciences, Whittier, CA	CCSP - May 2008
Life Chiropractic College West, Hayward, CA	DC - June 2007
San Diego State University, San Diego, CA	BS - Kinesiology/Pre-Physical Therapy – June 2002
San Francisco, CA	ART Upper & Lower Certification 2006
San Francisco, CA	Spider Tech Certification 2008
San Diego, CA	Reiki level 1&2 Certification 2010

*DACBSP- Diplomat American Chiropractic Board of Sports Physician

*CCSP – Certified Chiropractic Sports Physician

*DC – Doctor of Chiropractic

*ART – Active Release Technique

Relevant Experience

Master's Thesis on "The Effects of Cupping"

Certified Athletic Trainer

NATA member

American Chiropractic Board of Sports Physicians member

A member of the America Concussion Registry

Published a chapter in an exercise/rehabilitation book

Working with the River Conservation Group

Conducting ergonomic/exercise seminars for San Diego Schools and various other offices

Speaker: 2008 Life Chiropractic College West Spa Days

Career Day Presenter Chula Vista 2010

Health Dimensions Health Fairs Presenter 2008-2009

CTE Teaching Credential in Process

References

- 1) William Moreau DC, DACBSP, FACSM, CSCS
 - Former Medical Director of Sports Medicine at the United States Olympic Committee
 - American Chiropractic Board of Sports Physicians creator and educator
- 2) Joseph Horrigan DC, DACBSP
 - President of the American Chiropractic Board of Sports Physicians
 - Executive Director of Tactical Sports Medicine, advisor for SCU's Sports Medicine Clinic and educational programs including the Sports Medicine Honors Program and Sports Medicine Residency
 - Southern California University of Health Sciences
- 3) James Bloch
 - Former public-school superintendent and educator