

# RICHARD ASTURIAS, D.C., I.D.E.

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(925) 895-1888

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## EXECUTIVE SUMMARY

Accomplished Doctor of Chiropractic with over twenty five years clinical experience caring for, and educating, a diverse patient base. Experience treating chief complaints associated with long hours at computers and commuting. Areas of focus include sports injuries, and repetitive sprain/strain syndromes. Seeking to contribute over two decades of experience in a fast paced, challenging environment.

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## PROFESSIONAL COMPETENCIES

- **25+ years experience with full spine and upper/lower extremities**
- Assessment: Systemic Functional Movement Assessment (SFMA), Functional Movement Screen (FMS)
- Techniques: Diversified, Gonstead, Biophysics, Derefield, SOT
- Instruments: Arthrostim, Activator, SOT Blocks, Drop Table, Speeder Board, Waller
- Soft Tissue: Graston/Smart Tools, Active Release Technique (A.R.T.), Myofascial Release
- Modalities/Applications: Rock Tape, Class IV Red Laser, eStim, Ultrasound
- Rehabilitation: Alter G, Neuromuscular Re-Education, Therapeutic Stretches, Exercises, TRX, Weights, Bands

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## EMPLOYMENT

- Back in Motion Chiropractic and Back In Motion at Sports Plus Bay Area 1996 - Present  
Owner  
Examine, review history and create appropriate and cost-effective comprehensive treatment plans  
Oversee operations, billing, collections, and marketing  
Consultation examinations for fellow clinicians Worker's Compensation patients

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## EDUCATION / HONORS

- Life Chiropractic College West (LCCW) 1992 - 1995
- Valedictorian 1995
- PI TAU DELTA 1995
- Excellence in Care Award 1994

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## LICENSES/CERTIFICATES

- California State Board of Chiropractic 1996 - Present
- State Appointed Qualified Medical Evaluator (QME) 2001 - 2013
- Smart Tools (Similar to Graston) 2016
- Rock Tape Application 2015
- Systemic Functional Movement Assessment 2014
- Foundational Laboratorial Analysis 2010
- Industrial Disability Evaluator (IDE) 2005
- Whiplash: the Masters' Certification Program; Modules 1-4 2000 - 2001

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## INSTRUCTOR

- Part Time Professor Life Chiropractic College West 1999 - 2002
  - 25001 Industrial Blvd, Hayward, CA 94545
  - Taught in 3 Departments: Clinical Diagnostics, Adjusting Techniques, Research
- The Fibrosis of Repair; Shoulder Adjusting 2003
- Back on the Ball; Core Stabilization FitBall Patient Class 2003 - 2005
- AB 227 / SB 228 Changes in CA Workers' Compensation Law 2003

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## INTERESTS

- Recreational Cyclist 1993 - Present
  - Century Rides
- Masters Road Racing Cat 3 (NCNCA): USAC# 236210 2006 - Present
  - Most Recent Victory 2015
- Wenzel Cycling Coach 2014 - Present
  - Teach Beginner, Intermediate, and Race level: Skills/Training Plans

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## REFERENCES

- Available upon request

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## OFFICE CONTACT INFORMATION

**Richard Asturias, D.C., I.D.E.**  
*Industrial Disability Evaluator*  
*Certified Whiplash Specialist*  
*Employee Physical Wellness Facilitator*  
*Wenzel Cycling Coach*  
Back In Motion at Sports Plus Bay Area  
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**Work Hard. Play Hard.**

