

CURRICULUM VITAE
Of
Dr. Richard D. Belsky, D.C., C.C.S.P.
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EDUCATION

Doctor of Chiropractic, Los Angeles College of Chiropractic, 1992, Magna Cum Laude
Bachelor of Science in Biology, State University of New York at New Paltz, 1989

CERTIFICATION AND LICENSURE

Chiropractic License Number DC22586 California, August 16, 1993 to present
Certified Chiropractic Sports Physician (CCSP), 1997 to Present
Certified Strength and Conditioning Specialist (CSCS), 2010 to 2017
CPR Certification from the American Heart Association, 1997 to Present
Certificate in Radiology – X-ray supervision and operation, 1993 to 2005
Diplomat of the National Board of Chiropractic Examiners, 1993
Applied Kinesiology – Certified 100 hours, 1993
Qualified Medical Evaluator, 2003 to 2009
Certified Disability Evaluator, 2003 to 2009

PROFESSIONAL EXPERIENCE

Consultant, Richard Belsky Consulting

San Diego, California, August 2016 to present

Workers compensation initial clinical reviewer determining medical appropriateness of medical requests. Consultation of chiropractic practice and business management.

Co-Founder and Owner, Belsky & Szajowitz Chiropractic Corporation (dba Del Mar Chiropractic Sports Group & Del Mar Heights Chiropractic Group)

Del Mar & San Diego, California, April 1995 to August 2016 (retired from patient care)

Group practice specializing in sports and recreational injuries. Focus on correlating patient lifestyle and occupation in development of treatment and rehabilitation programs.

Extern / Associate Doctor, Parker Chiropractic Centre

Woodland Hills, California, September 1992 to August 1995

Patient treatment and case management. Performed patient examinations, radiographs and physiotherapy. Conferred with two experienced chiropractors on cases.

TEAM AFFILIATIONS

Team Chiropractor, San Diego Chargers – National Football League

San Diego, California -- 2001 to 2007 (6 seasons)

Provide Chiropractic treatment to players up to three times weekly during season, at training center and in team locker room prior to games. Sideline assistance to the trainer and medical staff during games. Integrate Chiropractic care with the medical care of the players by coordinating with the head trainer and medical staff. Players also present to my office for additional care as needed.

Team Chiropractor, San Diego Sockers – Major (Professional) Indoor Soccer League

San Diego, California – 2004-2005 Season

Provide Chiropractic treatment to players weekly during season, at training center and in team locker room prior to games. Sideline assistance to the trainer and medical staff during games. Integrate Chiropractic care with the medical care of the players by coordinating with the head trainer and medical staff. Players also present to my office for additional care as needed.

Team Chiropractor, La Jolla High School Lacrosse Team

La Jolla, California -- 1999 to 2004

Developed and implemented a stretching protocol specific to lacrosse, including conditioning exercises. Provide sideline medical support, as well as follow-up treatment in the office. Coordinate treatment of all medical conditions with the coaching staff.

Team Chiropractor, Torrey Pines High School Wrestling Team

San Diego, California -- 2001-2002 season

Assessment, evaluation and treatment of injuries as well as coordination of injuries and medical conditions with the coach.

Team Chiropractor, Liquid Foundation Surf Team

Mission Beach, California -- 2000 to 2002

Provided Chiropractic care and physiotherapy to professional surfers in my office as well as on the beach during contests.

Team Chiropractor, La Jolla High School Football Team

La Jolla, California -- 2000

Observed and assisted the team trainer on the sidelines during games.

Team Chiropractor, Point Loma Nazarene University Cheerleading Team

Point Loma, California -- 1998 to 1999

Implemented a stretching program and provided medical management of injuries via taping, physiotherapy and Chiropractic treatment.

Team Chiropractor, Torrey Pines High School Surfing Team

Del Mar, California -- 1997 to 1998

Managed injuries and on-site diagnosis and treatment during events.

Team Chiropractor, San Diego State University Club Lacrosse Team

San Diego, California -- 1997 to 1998

Assisted club trainer with management and treatment of injuries on the field and in my office. Developed a lacrosse-specific stretching program.