

# **Tamera Tolson DC, DACBSP®**

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## **SELECTED OCUPATIONAL HISTORY**

Chiropractic Director, Chiropractor, Back Talk Chiropractic, Lexington, Kentucky, September 2018-present

Chiropractic Director, Chiropractor, Linton Spine & Joint Chiropractic Center/Back Talk Chiropractic, Mt. Sterling, Kentucky, May 2014-May 2020

## **PROFESSIONAL EDUCATION, CERTIFICATIONS, AND LICENSURE**

Webster Technique Certification, December 2020

Dry Needling Certification, Certified in the state of Kentucky, October 2018

Diplomate Chiropractic Sports Physician, Licensed in the state of Kentucky, License # 395, April 2018

Certified Chiropractic Sports Physician, Licensed in the state of Kentucky, License #5694, 2015

Doctor of Chiropractic, Licensed in the state of Kentucky, License #5249, 2010-present

Doctorate of Chiropractic, Palmer College of Chiropractic, Port Orange, Florida, 2010

Internship, Maysville Family Chiropractic, Maysville, Kentucky, 4/2010-6/2010

Internship, Palmer College of Chiropractic, Port Orange, Florida, 7/2009-3/2010

National Board of Chiropractic Examiners, Part I, 2010

National Board of Chiropractic Examiners, Part II, 2010

National Board of Chiropractic Examiners, Part III, 2010

National Board of Chiropractic Examiners, Part IV, 2010

National Board of Chiropractic Examiners, Physiotherapy, 2010

## **SELECTED POST GRADUATE EDUCATION, CERTIFICATIONS, and DIPLOMATES**

Perinatal Care with Webster Certification, *Understanding birth trauma and how chiropractic is significant to perinatal care. Explanation of dystocia and its causes showing how chiropractic may lead to*

*a safer, and easier birthing process. Case management and adjusting techniques learned to help mothers during the perinatal period.* Cleveland University Kansas City, Spartanburg, SC, November 2020.

*Concussion Registry Course, The purpose was to review and confirm knowledge regarding the concussed individual with emphasis on sports related concussions. Any new and updated information regarding concussion and concussion management was presented.* Southern California University, December 2019.

*Sports Rehab Essentials, A review of the youth, adolescent, and adult athlete in regards to musculoskeletal system, common types of injury by sport, diet, safe and practical training regimen, and constructing a rehab protocol. Various rehabilitation exercises and equipment were covered for spine, upper extremities, lower extremities, and core.* University of Western States, Lexington, KY, January 2019

*Myofascial Dry Needling, 18 hour program through the Dry Needling Institute. Dry needling is soft tissue technique that influences trigger points and contracted musculature.* University of Western States, Covington, KY, October 2018

*Diplomate American Chiropractic Board of Sports Physicians, 300 hour program involving, team physician concepts, concussion management, pediatric athletes, strength/conditioning, sports performance, rehabilitation of spine and extremities, evaluation and management of upper extremities, soft tissue exam and treatment, evaluation and management of lower extremities, advanced emergency procedures, advanced clinical correlations, and a minimum of 100 hours of practical field experience.* Southern California University, Cleveland, OH, April 2018

*Biologic Therapies for Degenerative Disc Disease. Standard treatment options are limited and surgery can have variable outcomes. The role of biologic therapies is being researched as natural effective treatment option in discogenic lower back pain patients. They are injectable treatments using cellular components within the body's native cells. Two forms researched are using platelet rich plasma and bone marrow derived mesenchymal stem cells. There is further need of studies for more data and collaboration, and a need for standardization.* Southern California University, San Diego, California, April 2018

*Recurrent Fifth Metatarsal Fractures. A review of the anatomy, biomechanics, risk factors, imaging, and classifications of the fifth metatarsal fracture along with the discussion of variety of treatment options such as surgical and nonsurgical.* Southern California University, San Diego, California, April 2018

*New Treatment for Bone Stress Response. Understanding that pain generators to joints, using the knee as point of reference, is that bone has the pain fibers. Bone marrow lesions are associated with progressive osteoarthritis. The chronic overload overwhelms physiologic bone remodeling causing bone marrow lesions. The subchondral bone remodel is inefficient thus leading to collapse or deformity of the joint. Several treatment options available including traditional and newer approaches.* Southern California University, San Diego, California, April 2018

*Rotary Instability of the knee. Anatomy, biomechanics, and function focused on the posteromedial corner and posterolateral corner of the knee. The physical exam, imaging, and treatment were discussed to properly manage these types of cases, due to they are commonly missed.* Southern California University, San Diego, California, April 2018

Impact of Low Energy Availability on Endocrine Suppression Leading to Osteopenia/Osteoporosis in Young Athletes. *Low energy demands play a vital role in endocrine function and key hormones involved in bone formation and resorption. There are a variety of nutrients that can be used to play a role in increasing energy demands. Nutrition interventions targeting at risk athletes in young adult populations have shown promise. Adolescent athletes are unique population with specialized needs performance optimization, growth, and bone health. Further research is recommended for adolescents.* Southern California University, San Diego, California, April 2018.

Tactical Sports Medicine Panel. *Defining those who are considered under the tactical sports category. Recognizing equipment and equipment use that affects activities of daily living at home and on the job.* Southern California University, San Diego, California, April 2018.

Beating Bugs with Technology. *Illness prevention and treatment is just as important as injury prevention and treatment. Common illnesses are respiratory, gastrointestinal, and skin. Fast and accurate diagnosis is important and rapid testing has been suggested. Review of hygiene methods to prevent the spread of infections along with probiotic usage for prevention and treatment.* Southern California University, San Diego, California, April 2018

Chiropractic X-ray: A Review of the Basics from A to Z and Radiology Risk Management. *A review of radiology practices including normal anatomy, pathologic x-ray markings, mensurations in chiropractic, common skeletal variants, and x-ray quality.* Texas Chiropractic College, Louisville, KY, January 2017

Certified Chiropractic Sports Physician, 100 hour program of the diagnosis, management, and treatment of industrial, community, intramural and recreational athletes who sustain a sports-related injury or are at risk for sustaining an injury. *Emphasis on head trauma, upper extremity, lower extremity, and spine, with a review of post-injury criteria for return to play.* Lincoln College of Post Professional, Graduate and Continuing Education, Chicago, IL, January-August 2015

Post-Surgical Spine Rehabilitation Training, *Post-surgical spine rehabilitation of patients who have under gone minimally invasive spinal surgery, emphasizing a continuum of the quality of treatment and care for the patient.* Sponsored by the American Chiropractic Association and The Laser Spine Institute in partnership with the ACA Rehab Council. Cleveland, Ohio, May 2015

Athletic Injury Care, *A review in the most common types of athletic injuries for the upper extremities, lower extremities, and spine. Emphasis on management of the athlete to aid, prevent, and stabilize acute injuries. Review of return to play criteria.* University of Western States, Lexington, Kentucky, February 2015 & 2016

Optimizing Performance & Rehab Using Kinesiology Tape, *Review of kinesiology purpose and function, with emphasis on various techniques of application to improve performance for patient demands of activity.* Cross Country Education, Lexington, Kentucky, September 2014

Identification and Treatment of Traumatic Cervical Syndromes, *Review of normal radiological findings to compare to post-traumatic findings. Motion x-ray and the role it has in the evaluation of cervical post-traumatic injuries. Evaluation techniques required to diagnose post- traumatic ligamentous damage.*

*Rehabilitation procedures to stabilize unstable ligamentous injuries.* Texas Chiropractic College Post Graduate Department, Lexington, Kentucky, 2014

*Chiropractic Biophysics (CBP) Protocols, Emphasis on optimal posture and spinal alignment for the cervical, thoracic and lumbar spine, as well as emphasis on proper documentation of pain, function, and outcomes for patient health and well being.* Dr. Deed Harrison, DC, Lexington, Kentucky 2013

*Documentation for Insurance Companies & Compliance, Review of HIPPA guidelines. Review and updates on appropriate documentation methods for EHR systems and compliance.* Kentucky Chiropractic Society, Lexington, Kentucky, 2013

*Chiropractic Bootcamp, Review of acute and chronic care treatment guidelines to properly document and manage worker compensation and personal injury claims. Criteria of utilization for MRI, CT scans, bone scans, PET scans, and other diagnostic imaging procedures. Pain management skills developed to determine whether a patient is properly selected for pain management. Functional medicine/epigenetics addressed nutrition, and causes for underlying diseases and communication training to engage patients in therapeutic partnership,* Kentucky Association of Chiropractors, Newport, Kentucky, 2012

*Decompression Therapy, Understanding spinal decompression with therapeutic rehab to improve outcomes for problematic disc patients.* Southern California University of Health Sciences, Bowling Green, Kentucky, 2011

#### **SELECTED MEMBERSHIP**

International Chiropractic Pediatric Association, Member, 2020-present

Kentucky Association of Chiropractors, Member, 2019-present

American Board of Chiropractic Sports Physicians, 2015-present

American Chiropractic Association, Member, 2015-present

#### **SELECTED COMMUNITY SERVICE**

Team Chiropractic Physician for Montgomery County High School and Junior High 2016-present

Team Physician for Montgomery County High School Wrestling Team 2015-present

St. Joseph Hospital Walk with a Doc Program, Group Leader, Mt. Sterling, Kentucky 2015

The Honorable Order of Kentucky Colonels, Frankfort, Kentucky, 2015

Leadership Montgomery County, Graduate Member, Mt. Sterling, Kentucky, 2015

Relay for Life, Sponsor, Mt. Sterling, Kentucky, 2011-2013 & 2002-2006

Thanks giving Food Drive for Fayette County Area, Sponsor, Lexington, Kentucky 2011-2013

Gift Giving Tree for Fayette County Area, Sponsor, Lexington, Kentucky 2011-2013

Clinic Abroad Program- India, Palmer College of Chiropractic, Port Orange, Florida, 2009