

# Richard Dean Page, D.C.

833 SW Hawthorne St. • McMinnville, OR, 97128 • (816) 536-8188  
Missouri MO1999135558 Active • NPI 1922071547

## Professional Experience

### **Independent Contractor- Health Awareness and Musculoskeletal Safety**

**Sept. 2015**

Providing analyses and intervention to organizations to improve worker health and safety. Programs include; Biometric Health Risk Analyses with independent and organizational reporting; Movement Based Injury Risk Assessment and reporting for individuals as part of a group to define workers with a higher risk of non-contact injury; Independent Worksite Evaluations; Group Back Safety Classes focusing on safe movement through movement based obstacle courses customized to the work environment. Clients have included Yamhill vineyards and wineries to assess better positioning for grape harvest, crush, and transfer techniques. Analyses resulted in the design of a 13 inch pole harvest seat, reducing strain on knees and low back while allowing harvest to be performed safely on hillsides.

### **Chiropractor/Owner, [Arete Health & Wellness](#)**

**1999-2015**

Evaluating, treating, and managing musculoskeletal injuries. Clinic patient population is composed primarily of office environment workers, professional performing artists, and amateur athletes. Common conditions treated in the clinic are related to stagnant work/lifestyle, poor ergonomics, repetitive stress injuries, overuse injuries, and injuries related to improper movement during athletic/performance movement. Patient analyses in clinic includes postural analyses, SFMA movement analyses, specific muscle testing, soft tissue (muscular and fascial) evaluation, orthopedic evaluation, lifestyle considerations and, when warranted, special imaging by outside imaging center. Management techniques include muscle activation (muscle facilitation) techniques, soft tissue mobilization (manual and instrument assisted), joint mobilization (diversified style technique), stability-ROM-strength functional exercises (Neuro and Pilates based with modification for safety). Passive therapies commonly used are low level laser, dry needle technique, ultrasound and taping (restrictive and/or supportive).

### **Certified Injury Prevention Specialist, Future Industrial Technologies, Inc.**

**2001-Present**

Deliver onsite workplace ergonomic and movement evaluations to prevent workplace repetitive stress injuries. Programs include Personal Worksite Evaluations and modifications and/or customized 2-hour group training for personal workspace self evaluation and safe movement, warm –up, and stretching to diminish repetitive stress injuries. Recertification and training as of 9/2013. Clients have included a pathology lab, a large bank call center, independent clients at the Department of Justice, and medical shipping warehouses

### **Instructor in Anatomy & Physiology, General Biology Lab, Ottawa University**

**2008-2009**

Developed and instructed Anatomy & Physiology coursework; augmented and implemented General Biology Lab curriculum to fit with a liberal arts “writing across the curriculum” program. Utilized Blackboard to assist in content delivery.

**Pilates Teacher Trainer, Certifying Instructor, Team Pilates, LLC** **2007-Present**  
Responsible for teaching future instructors in proper Pilates-based floor and apparatus movement. Instruction covers movement analyses, anatomy, safety modifications for clients with limitation, documentation, and session planning. Pilates-based movement is incorporated in clinical rehabilitation protocols.

**Personal Therapist to M. Cameron** **2005-Present**  
Bi-weekly, intensive electrotherapeutic exercise sessions. In home sessions for M., a C5/6 quadriplegic including quarterly ergonomic wheelchair and material surface evaluations, Low Level Laser Therapy of cervical spine, electrotherapeutic stimulation of rotator cuff muscle groups and core stability groups for stability, global extensors to counteract flexion contracture, abdomen, and RTI bicycle riding via electrotherapeutic stimulation for leg strength, ROM, and cardiovascular conditioning as developed at Kennedy Krieger Institute at Johns Hopkins. Responsibilities include staying current on therapies benefitting spinal cord patients and applying those therapies to improve quality of life and rate of recovery when curative measures are found.

**Examining Physician, Corporate Compliance Solutions (Contractor)** **2002-2005**  
Responsible for assuring physical standards of Department of Transportation Physical regulations of drivers requiring DOT licensure. As the examining physician, federal regulations were referenced for compliance. Examination included general exam, occasional spirometry, audiometry, eye exam, and lab work.

**Staff Physician, Industrial Medical Center (Contractor)** **2003-2005**  
Evaluated and treated workplace injuries.

## **Professional Volunteer Activities**

**Consulting Physician, Kansas City Dance Community** **2003-Present**  
Working with [Owen Cox Dance Group](#); [Kansas City Friends of Alvin Ailey](#); [City in Motion Dance Company](#); [Wylliams/Henry Contemporary Dance Company](#); [Moon Drop Circus](#); [Voler-Thieves of Flight Aerial Performing Arts](#)  
Evaluate, treat, and prevent common injuries sustained in dance. Provide workshops to help encourage stronger, safer movement, and to encourage a broader teaching of the movement arts into a wider demographic. Working with the dance community has forced me to focus more on movement and soft tissue considerations in injury.

**Participant, Medical Mission, El Higueral, El Salvador** **7/2009 & 1/2011**  
Provided musculoskeletal examinations with treatment/direct referral in a remote village alongside nurses, nurse practitioners, dentists, psychologists, and medical practitioners. Provided cursory medical and psychological screenings.

**Volunteer Physician, [Kansas City Free Health Clinic](#)** **2001-2003**

**Student Intern, [Kansas City Free Health Clinic](#)** **1998-1999**  
Provided chiropractic and musculoskeletal care in a multidisciplinary environment, working alongside medical practitioners, nurses and nurse practitioners.

**Team Physician, [Kansas City Jazz Women's Rugby Club](#)** **1998-2002**  
Evaluated, treated/referred on field emergent and non-emergent injuries during local and

away games.

**Sports Medicine Team Member, Heart of America Rugby Tournament** **1997-1999**  
Evaluated, treated/referred musculoskeletal sports injuries and supported the Sports Medicine Team physicians.

**Volunteer Physician, [Push America](#)** **2006-2014**  
Annual volunteer physician for 18 person bike team, while in the KC metro, crossing from Oregon to Washington, D.C.

**Medical Team Coordinator, Western's Region Rugby Tournament** **Fall 2000**  
Coordinated onsite medical team, including EMS and sports medicine practitioners.

**Medical Translator, Landstuhl Air Base, Germany** **1993**  
Made communication possible between wounded refugees and their families from Sarajevo and Non-Governmental Organizations; Landstuhl Air Base, Germany.

### **Healthcare Certifications and Education**

**Doctor of Chiropractic, Cleveland Chiropractic College** **5/1999**

**Bachelor of Science: Human Biology, Cleveland Chiropractic College** **4/1998**

**National Board of Chiropractic Examiners Part I, II, III & Physiotherapy** **11/1998**

**National Boards of Chiropractic Examiners Part IV** **8/1999**

**Injury Prevention Specialist Certification, Future Industrial Technologies, Backsafe and Sittingsafe programs- Recertified in 10/2013** **10/2001**

**[Selective Functional Movement Assessment I](#), SFMA Certificate of Attendance** **8/2012**

**Selective Functional Movement Assessment II, SFMA II Certificate of Attendance** **3/2014**

**[Y Balance Certification](#)** **4/2014**

**[McGill 1](#). Building the Ultimate Back: From rehabilitation to high performance.** **10/2014**

**[Graston Technique](#) Level I & II Certification, Therapy Care Resources, Inc.** **1/2006**

**Pilates Teacher Trainer Certification, Team Melzer Athletic Development, Inc.** **1/2006-4/2007**

**Institute for International Medicine and Migrant Clinician Network - Continuing education focusing on international public health and migrant farm worker health** **2011**

### **Community Activites**

**[Kansas City Fringe Festival](#), Board of Directors** **2010-2014**

<b>Ottawa Arts Council, Board of Directors</b>	<b>2008-2010</b>
<b>Kansas City Fringe Festival, Volunteer Team Leader</b>	<b>2005-2008</b>
<b>Arts Alive Kansas City, Board of Directors and Committee Chair, Long Term Planning</b>	<b>2003-2005</b>
<b>Johnson Co. Barn Players, Board of Directors and Committee Chair, Facility Management</b>	<b>2003-2005</b>