

**Dr. John A. Papa, DC**

# Curriculum Vitae

(Updated, February 2009)

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## **PROFESSIONAL OVERVIEW:**

Dr. John A. Papa is a trained and licensed chiropractor in the province of Ontario with a broad range of post-graduate training that includes Contemporary Medical Acupuncture, Rehabilitative Exercise Prescription, Active Release Techniques (ART) and custom orthotic therapy. He is an approved provider of WSIB Programs of Care for Acute Low Back Injuries, Upper and Lower Extremity Injuries, and Mild Traumatic Brain Injuries. In addition, he brings to his practice many years of knowledge and experience as an athlete, personal trainer, and chiropractic patient.

His comprehensive and integrated approach to health, wellness, and the diagnosis, treatment, and management of many musculoskeletal complaints and conditions has a proven track record. He is the clinical director and founder of the New Hamburg Wellness Centre, where he currently practices.

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## **EDUCATION:**

- **2002:** McMaster University, Hamilton, Ontario, McMaster Contemporary Medical Acupuncture Program, D. Ac
- **1998-2002:** Canadian Memorial Chiropractic College, Toronto, Ontario, Doctor of Chiropractic
- **1992-1996:** Wilfrid Laurier University, Waterloo, Ontario, Honors Physical Education

## **AWARDS AND DISTINCTIONS**

- **2002:** Canadian Memorial Chiropractic College, Toronto; "Hoskins/Sommacal Clinical Proficiency Award" presented by CMCC to the graduating intern who has shown outstanding proficiency in Clinical Education
- **2002:** Chiropractic Foundation for Spinal Research (CFSR) Award
- **2001-2002:** Dean's Honor List

## **PROFESSIONAL MEMBERSHIP AND AFFILIATIONS**

### **2002-Present**

- College of Chiropractors of Ontario (CCO)
- Ontario Chiropractic Association (OCA)
- Canadian Chiropractic Association (CCA)
- Canadian Memorial Chiropractic College (CMCC)
- Canadian Chiropractic Protective Association (CCPA)

### **2005-Present**

- New Hamburg Board of Trade

## **Postgraduate Training and Continuing Education**

- **2009:** CMCC, Continuing Education, "Advanced Diagnostic Testing"
- **2008:** CMCC, Continuing Education, "Impairment Ratings and Disability Evaluations"
- **2008:** CMCC, Continuing Education, "Functional Anatomical Palpation"
- **2008:** CMCC, Continuing Education, "Nutritional Considerations in Rehabilitation"
- **2008:** CMCC, Continuing Education, "Chronic Pain Management"
- **2008:** CMCC, Continuing Education, "Ergonomics and Support"
- **2008:** CMCC, Continuing Education, "Clinical Biomechanics of the Lumbar Spine"
- **2008:** CMCC, Continuing Education, "Sports Specific Rehabilitation"
- **2008:** CMCC, Continuing Education, "Upper Extremity Rehabilitation"
- **2008:** CMCC, Continuing Education, "Lower Extremity Rehabilitation"
- **2008:** CMCC, Continuing Education, "Foot, Gait & Orthotics"
- **2007:** CMCC, Continuing Education, "Multidisciplinary & Post-Surgical Management"
- **2007:** CMCC, Continuing Education, "Advanced Strength and Conditioning Protocols"
- **2007:** CMCC, Continuing Education, "Temporomandibular and Cervico-TMJ Symposium"
- **2007:** CMCC, Continuing Education, "Whiplash, Headache & Vertigo"
- **2007:** CMCC, Continuing Education, "Essential Paediatrics For The Chiropractor"
- **2007:** CMCC, Continuing Education, "Outcome Assessment Measures"
- **2007:** CMCC, Continuing Education, "Cervical Spine Rehabilitation Protocols and Case Management"
- **2007:** CMCC, Continuing Education, "Lumbar Spine Rehabilitation Protocols and Case Management"
- **2007:** CMCC, Continuing Education, "End Range Loading Strategies"
- **2007:** CMCC, Continuing Education, "Strength and Conditioning Training"
- **2006:** CMCC, Continuing Education, "Spinal Stabilization"
- **2006:** CMCC, Continuing Education, "Independent Chiropractic Evaluations: Certificate Program"
- **2006:** CMCC, Continuing Education, "Muscle Energy/Balancing Techniques & Sensorimotor Training"
- **2006:** CMCC, Continuing Education, "The Role of Muscle Imbalance"
- **2006:** CMCC, Continuing Education, "Fusion of Stabilization and Mobilization"
- **2006:** CMCC, Continuing Education, "Pregnancy and Chiropractic"

- **2006:** CMCC, Continuing Education, "Functional Reactivation: From Developmental Kinesiology to Functional Fitness"
- **2006:** CMCC, Continuing Education, "Auto Insurance Reform: On a Collision Course or Road to Recovery?"
- **2006:** CCO, Record Keeping Workshop
- **2005:** CMCC, Continuing Education, "Recognizing Serious Disease: Diagnostic Challenges and Risk Management In a Chiropractic Setting"
- **2005:** CMCC, Continuing Education, "Hockey Biodynamics"
- **2004:** The Orthotic Group, "Advanced Biomechanics & Custom Orthotic Therapy Seminar"
- **2003:** The Orthotic Group, "Gait Analysis"
- **2003:** The Orthotic Group, "Custom Orthotic Therapy"
- **2002:** McMaster University, "Contemporary Medical Acupuncture Program"
- **2001:** Active Release Therapy (ART), "Spine"

## **Publications**

**2003-Present - Baden Outlook**, Regular Contributor-Author: Health, Wellness, Rehabilitation and Workplace Safety Articles