Dr. Brian T. Garrett

Doctor of Chiropractic | Sports Kinesiologist

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PROFESSIONAL SUMMARY

Chiropractic doctor with a strong commitment to healing and treating patients while enabling them to recover and lead strong, healthy lives to their fullest potential.

Proven talent for providing quality health and wellness services to patients suffering from a wide range of conditions due to accidents, injuries, back pain, and chronic pain. Results-focused chiropractic leader with expertise spanning chiropractic, acupuncture, sports medicine, and kinesiology. Keen interpersonal, communication, and organizational skills, with a desire to improve all areas of his patients' lives by searching for the underlying causes of discomfort and pain in order to treat patients effectively.

PROFESSIONAL EXPERIENCE

Garrett Downtown Chiropractic, San Diego, California | 2010–Present

Clinic Director | 2010–Present

Supervised healthcare personnel, ensured quality patient care, maintained regulatory compliance, and oversaw administrative and operational efficiency.

Wellness Director and Owner | 2004–2009

San Diego Athletic Club, California

Specializing in chronic pain alleviation as well as sports performance, combining traditional chiropractic treatment with sport-specific exercise protocols and preventive medicine.

Chiropractor | 2002–2005

Scripps Ranch Ambulatory Surgical Center, Escondido, California

Administered manipulative and adjustive procedures for failed back surgery syndrome, as well as chronic back and neck pain and chronic headaches.

Clinic Director | 1995–2004

San Diego Pain & Rehabilitation Medical Group

Managed operations, administered treatment, and oversaw treatment plan implementation for a multidisciplinary facility with a wide spectrum of health care, including the treatment of sports, automobile, and work-related injuries, low back and neck pain, TMJ, and headaches.

- Specialized in soft tissue injuries, pain management, rehabilitation, nutritional guidance, and permanent impairment ratings.

Chiropractor | 1986–1995

Advanced Chiropractic Care, San Diego, California

Family practice specializing in holistic health care, with an emphasis on chronic lower back and neck pain, sports injuries, and automobile and work-related accidents.

- Additional focus on homeopathic, herbal, and nutritional supplementation, acupuncture therapy, and Applied and Clinical Kinesiology.

Team Doctor | 1989–Present

Southwestern Martial Arts Association, San Diego, California

Sports Chiropractor | 1986–Present

San Diego, California

- United States Marine Corps Fighting Team, Camp Pendleton, Oceanside, California, 2011–2014.
- California State Games, San Diego, California, Event Director, 1995.
- Karate regional events, USA, Asia, and Brazil, 1986–Present.

Instructor | 1988–Present

Personal Injury Seminars

- Documentation and impairment guidelines.
- Work safety lectures.
- Work-related injury prevention strategies.
- Seminars on increasing sports performance, injury prevention, and an introduction to Sports Kinesiology.

Expert Witness

Independent Chiropractic Examiner; Patient Advocacy

Soft tissue injury documentation based on the A.M.A. Guides of Permanent Impairment.

Adjunct Faculty | 1990–1994

International College of Kinesiology

EDUCATION AND CREDENTIALS

Doctor of Chiropractic (D.C.)

Life Chiropractic College West, Hayward, California

Master of Arts (M.A.) in Sports Chiropractic

Intercontinental University

Bachelor of Arts (B.A.) in Biology

Intercontinental University

CERTIFICATIONS

Federal Medical Examiner

- United States Department of Transportation, 2019.

Board Certified Fellow

- International Academy of Clinical Acupuncture, 1993.
- American Association of Integrated Medicine, College of Pain Management, 2003.

Board Certified Diplomate

- American Academy of Pain Management, 1991.
- American Board of Disability Analysts, 1996.
- American Clinical Board of Nutritionists, 1996.
- International College of Applied Kinesiology, 1994.
- American Association of Integrated Medicine, 2003.
- American Board of Functional Medicine, 2009.
- American Chiropractic Board of Nutrition, 2008.

Certified Impairment Evaluator

- American Board of Disability Analysts, 1993.

Certified Chiropractic Sports Physician (CCSP)

- American Chiropractic Association Council on Sports Injuries and Physical Fitness, 1993.

Certified Clinical Nutritionist (CCN)

- Clinical Nutrition Certification Board, 1996.

Additional Certifications

- Dr. Jeff Blanchard’s Academy of Golf, 2002.

- International Temporal Mandibular Dysfunction Association.
- Manipulation under Anesthesia.
- Neuro-Emotional Technique.

Diagnostic Ultrasonographer

- American Institute of Musculoskeletal Diagnostic Ultrasound.

AWARDS AND HONORS

- Presidential Sports and Fitness Awards, Tae Kwon Do & Karate, 1990, 1991, 1992.
- Third Degree Black Belt, American Freestyle Karate.
- Fourth Degree Black Belt, World Tae Kwon Do Federation (IOC Certified).
- Sixth Degree Black Belt, Shihan Award, GM Master Victor Hughes.
- Eighth Dan Black Belt, Extreme Budo.
- Doctor of Martial Arts Medicine (Honorary), USA Martial Arts Hall of Fame, 2014.

PUBLICATIONS

- “The Effects of Applied Kinesiology Fixation Protocol on Static Paraspinal Electromyography.” Proceedings of the International College of Applied Kinesiology, 1993.
- “The Effects of Applied Kinesiology Cranial-Sacral Corrections on Static Paraspinal.” Proceedings of the International College of Applied Kinesiology, 1993.

PROFESSIONAL AFFILIATIONS

- United States Sports Chiropractic Federation
- American Academy of Pain Management
- American Association of Integrated Medicine
- American Institute for Ultrasound in Medicine
- International Temporal Mandibular Dysfunction Association
- International Association of Functional Neurology and Rehabilitation
- International College of Applied Kinesiology
- San Diego Martial Arts Society
- California Director, Martial Arts Alliance
- Extreme Budo, Executive Board
- California Board of Chiropractic Examiners, License 17686