



Douglas R. Krebs, DC, FACO, CSCS, Cert. MDT

Chiropractic Physician

Fellow, Academy of Chiropractic Orthopedists

Certified, Mechanical Diagnosis and Therapy

Certified Strength and Conditioning Specialist

Certified, Functional Movement Screen

Certified, Selective Functional Movement Assessment

Certified, Kinetacore Functional Dry Needling

Certified, Blood Flow Restriction Training

Titleist Performance Institute Certified

922 W Diversey Parkway

Chicago, IL 60614-1416

T (773) 529-0057

F (773) 529-0231

drkrebs@chicagospineandsports.com

chicagospineandsports.com

Experience

Owner/President - Chiropractic Orthopedist, Chicago Spine + Sports - 2001-Present

Complete Musculoskeletal Care focusing on Sports Injury and Orthopedic conditions
(Chicago Spine + Sports was formerly Advantage Health & Wellness, PC)

Initial Clinical Reviewer - CID Management 2014-2016

Internship - Chicago General - 2000-2001

Worked under Dr. David Parish and Dr. Vincent DeBono to provide conservative healthcare to a variety of musculoskeletal and systemic diseases.

Education

National University of Health Sciences, Lombard, Illinois

Doctoral Degree of Chiropractic; 2001

Bachelor of Science (Human Biology); 1999

Slippery Rock University, Slippery Rock, Pennsylvania

Bachelor of Arts (Psychology); 1997

Chiropractic Board Certifications

Diplomate of the Academy of Chiropractic Orthopedics; 2007

National Board of Chiropractic Examiners, Part IV; 2001

National Board of Chiropractic Examiners, Part I, II, III; 2000

Post Graduate Certifications

Titleist Performance Institute Certified

Kinetacore

Certified, Level 1 Functional Dry Needling

Functional Movement Systems

Certified, Functional Movement Screen; 2012

Selective Functional Movement Assessment Level 1 and 2; 2015

Y Balance Test Certification Exam; 2016

Functional Capacity Screen; 2016

Owens Recovery Science

Personalized Blood Flow Restriction Training; 2016

The McKenzie Institute of the United States of America

Certified in Mechanical Diagnosis and Therapy; 2010

National Academy of Sports Medicine

Corrective Exercise Specialist; 2009

Running Doctors; 2001

National Strength and Conditioning Association

Certified Strength & Conditioning Specialist (CSCS); 2000

Certified Sole Supports Orthotic Practitioner; 2000

Professional Memberships

The McKenzie Institute, USA 2010-Present

Fellow, Academy of Chiropractic Orthopedics; 2007-Present

American Association of Spine Physicians; 2003-2015

International Society of Clinical Rehabilitation Specialists; 2008-Present

National University of Health Sciences Alumni Association; 2001-Present

Federation of Chiropractic Research and Education; 2002-2009

Illinois Chiropractic Society; 2001 - 2002

American Chiropractic Association; 2001-Present

National University of Health Sciences Alumni Association; 2001-Present

National Strength & Conditioning Association; 2000-Present

ProSport Chiropractic; 2000-2002

Student American Chiropractic Association; 1998-2001

922 W Diversey Parkway
Chicago, IL 60614-1416
T (773) 529-0057
F (773) 529-0231
drkrebs@chicagospineandsports.com
chicagospineandsports.com

Continuing Education/Seminars Attended

ProSport Chiropractic, Las Vegas, NV; 2000 - 12.25 hours

Acupuncture Certification Program - 71 hours; 1/2001– 9/2001

Nutritional Support for Metabolic Biotransformation - Robert Rakowski, DC; 2003

Chirocredit.com, University of Bridgeport College of Chiropractic

Physical Therapy 101, 2003 - 1 hour

Forensic Diplomate 101, 2006 - 4 hours

Diplomate of the Academy of Chiropractic Orthopedics, National Lincoln School of Post-graduate Education, Lombard, IL

922 W Diversey Parkway
Chicago, IL 60614-1416
T (773) 529-0057
F (773) 529-0231
drkrebs@chicagospineandsports.com
chicagospineandsports.com

Clinical Orthopedics: Foot & Ankle I; D. Skogsbergh, DC, DABCO, DACBR, 2003 – 10 hours

Clinical Orthopedics: Foot & Ankle II; G. Jasinski and D. Skogsbergh, DC, DABCO, DACBR, 2003 – 10 hours

Clinical Orthopedics: Foot & Ankle III; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

External Abnormalities- Disorders of the Patellofemoral Joint; G. Jasinski, DC and D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Disorders of the Knee; G. Jasinski, DC and D. Skogsbergh, DC, DABCO, DACBR, 2004 - 10 hours

Orthopedics: Knee III; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Orthopedics: Knee IV; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Orthopedics: Knee V; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Clinical Orthopedics: Hip & Pelvis – Congenital Dislocations, Perthes, AVN, SCFE; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Clinical Orthopedics: Hip & Pelvis II– Congenital Dislocations, Perthes, AVN, SCFE D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Clinical Orthopedics: Lumbar Spine I; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Clinical Orthopedics: Lumbar Spine II; D. Skogsbergh, DC, DABCO, DACBR, 2004 – 10 hours

Clinical Orthopedics: The Pathological Lumbar Intervertebral Disc; M. Kowalski, DC, DABCO, 2005 – 12 hours

Clinical Orthopedics:: Lumbar Stenosis & Posterior Element Disease; M. Kowalski, DC, DABCO, 2005 – 12 hours

Clinical Orthopedics: Sacroiliac Joint and Lumbar Trauma; M. Kowalski, DC, DABCO, 2005 – 12 hours

Clinical Orthopedics: Thoracic Spine and Scoliosis; D. Skogsbergh, DC, DABCO, DACBR, 2005– 10 hours

Clinical Orthopedics: Thoracic Spine and Rib Cage Trauma; S. Fonda, DC, 2005 -10 hours

Clinical Orthopedics: Cervical Spine; D. Skogsbergh, DC, DABCO, DACBR, 2005 – Development – 10 hours

Clinical Orthopedics: Cervical Spine; D. Skogsbergh, DC, DABCO, DACBR, 2005 – Trauma I & II – 20 hours

Clinical Orthopedics: Cervical Spine; D. Skogsbergh, DC, DABCO, DACBR, 2005 – Disc, DJD, Stenosis, Myelopathy – 10 hours

Clinical Orthopedics: Cervical Spine Miscellaneous Disorders; D. Skogsbergh, DC, DABCO, DACBR, 2005 – 10 hours

Clinical Orthopedics: TMJ Disorders/TOS/Entrapment Syndromes; S. Fonda, DC, DABCO and N. Kim. DC, DABCO – 10 hours

Clinical Orthopedics: Shoulder 1 – Impingement Syndromes; D. Skogsbergh, DC, DABCO, DACBR, 2006 – 10 hours

Clinical Orthopedics: Shoulder 2 – Functional Rehabilitation; S. Fonda, DC, DABCO, 2006 – 10 hours

Clinical Orthopedics: Shoulder 3 – Trauma; D. Skogsbergh, DC, DABCO, DACBR, 2006 – 10 hours

Clinical Orthopedics: Elbow; D. Skogsbergh, DC, DABCO, DACBR, 2006 – 20 hours

Clinical Orthopedics: Hand/Wrist; D. Skogsbergh, DC, DABCO, DACBR, 2006 – Trauma I – 10 hours

Clinical Orthopedics: Hand/Wrist; D. Skogsbergh, DC, DABCO, DACBR, 2006 – Trauma II – 10 hours

Clinical Orthopedics: Hand/Wrist; D. Skogsbergh, DC, DABCO, DACBR, 2006 – Rheumatology – 10 hours

Clinical Orthopedics: Hand/Wrist; D. Skogsbergh, DC, DABCO, DACBR, 2006 – Tendonopathies – 10 hours

922 W Diversey Parkway
Chicago, IL 60614-1416
T (773) 529-0057
F (773) 529-0231
drkrebs@chicagospineandsports.com
chicagospineandsports.com

Clinical Orthopedics: Forensic Science; W. Jahn, DC, DABCO 2006 – 12 hours

Clinical Orthopedics: Upper Body Review; S. Fonda, DABCO and D. Skogsbergh, DC, DABCO, DACBR, 2007 – 10 hours

Clinical Orthopedics: Lower Body Review; D. Skogsbergh, DC, DABCO, DACBR, 2007 – 10 hours

Functional Rehabilitation with Craig Liebenson et al.

TMJ and Orofacial Rehab with Clayton Skaggs, DC 2006 – 12 hours

Functional Approach Symposium with Joel Press, MD, Scott Fonda, DC, Maria Perri, DC; 2007 – 12 hours

Functional Training with Ryan VanMatre, DC; 2007 – 12 hours

Cervical Spine with Clayton Skaggs, DC and Tarek Adra, DC; 2007 – 12 hours

Clinical Integration with Craig Liebenson; 2007 – 12 hours

McKenzie Method of Mechanical Diagnosis and Therapy Certification

The McKenzie Method of Mechanical Diagnosis and Treatment of the Lumbar Spine - Lombard, IL with Steve Heffner, DC; 2008 - 28 hours

The McKenzie Method of Mechanical Diagnosis and Treatment of the Cervical and Thoracic Spine - Lombard, IL with Steve Heffner, DC; 2009 - 28 hours

The McKenzie Method of Mechanical Diagnosis and Treatment - Problem Solving - Austin, TX with Mark Miller, PT; 2009 - 21 hours

The McKenzie Method of Mechanical Diagnosis and Treatment - Advanced Problem Solving - Cleveland Clinic with Scott Herbowy, PT; 2010 - 28 hours

The McKenzie Method of Mechanical Diagnosis and Treatment - Advanced Extremities - Knoxville, TN with Mark Miller, PT; 2014 - 14 hours

The McKenzie Method of Mechanical Diagnosis and Treatment - Advanced Extremities - Knoxville, TN with Scott Herbowy, PT; 2017 - 14 hours

AMA Guides to Evaluation of Permanent Impairment - Sixth Edition - Lombard, IL with Warren Jahn, DC, MPS, DABCO, DACBSP, DABFP; 2012 - 12 hours

Functional Training: Breaking the Bonds of Traditionalism, Institute of Human Performance; 2005 - 20 hours

Rehab Summit, National University of Health Sciences; Stuart McGill, PhD and Craig Liebenson, DC; 2007- 12 hours

Rehab Summit: Functional Training of the Knee & the Spine, National University of Health Sciences; Stuart McGill, PhD, Craig Liebenson, DC, Tim Hewett, PhD; 2008 - 12 hours

922 W Diversey Parkway
Chicago, IL 60614-1416
T (773) 529-0057
F (773) 529-0231
drkrebs@chicagospineandsports.com
chicagospineandsports.com

Functional Movement Systems; Selective Functional Movement Assessment - Level 1; 2013
- 15 hours

Functional Movement Systems; Selective Functional Movement Assessment - Level 2; 2015
- 15 hours

Owens Recovery Science; Personalized Blood Flow Restriction Training, Northwestern University; 2016 - 10 hours

Functional Movement Systems; Y Balance Test Certification Exam; 2016

Kinetacore; Functional Dry Needling Level 1; Edo Zylstra PT, DPT, OCS; 2016 -27 hours

Functional Movement Systems; Fundamental Capacity Screen; Gray Cook, PT; 2016 - 15 hours

MobilityWOD 101 - Kelly Starrett; 2017 - 20 hours

Titleist Performance Institute Level 1; Jason Glass, Lance Gill, PT and Mark Blackburn; 2019

CCSP: Introduction to Concepts of the Chiropractic Sports Physician; A. Carlo Guadagno, DC; 2019 - 14 hours

CCSP: Management of Injuries to the Upper Extremity; Leo Kormanik II, DC; 2019 - 14 hours

CCSP: Concussion/Emergency Procedures; A. Carlo Guadagno, DC; 2019 - 14 hours

CCSP: Management of Injuries to the Lower Extremity; Richard Ulm, DC; 2019 - 14 hours

Awards

“Best Sports Injury Clinic Chicago” awarded to Chicago Spine + Sports - Competitor Magazine, 2009

922 W Diversey Parkway
Chicago, IL 60614-1416
T (773) 529-0057
F (773) 529-0231
drkrebs@chicagospineandsports.com
chicagospineandsports.com