

# **CURRICULUM VITAE**

## **Steven M. Horwitz, D.C., C.C.S.P., C.S.C.S.**

### **OCCUPATIONAL HISTORY**

Founder, Worldwide Sports Safety LLC – TeamSafe@Sports, Rockwall, TX, 2016 – present  
Owner, Dallas Sports Academy, Rockwall, TX, 2013 – present  
Owner, Chiropractor, Capital Sports Injury Center, Silver Spring, MD, 1988 – 2013  
Chiropractor, North Bergen Chiropractic Associates, Ridgefield, NJ, 1987 – 1988  
Chiropractor, Southwest Chiropractic Clinic, Chicago, IL, 1986 – 1987

### **EDUCATION**

Doctor of Chiropractic, National University of Health Sciences, Lombard, IL, 1986  
Bachelor of Science, Basic Sciences, National University of Health Sciences, Lombard, IL, 1984  
Bachelor of Arts, History, Cornell University, Ithaca, NY, 1982

### **LICENSURE/BOARD CERTIFICATION**

Doctor of Chiropractic, State of Texas, License # 12488  
Special Purposes Examination for Chiropractic (SPEC), 2013  
National Board of Chiropractic Examiners, Part II, 1986  
National Board of Chiropractic Examiners, Part I, 1985

### **PROFESSIONAL/SPORTS CERTIFICATIONS**

BLS & First Aid Instructor 1985 - Present  
Stop The Bleed Instructor, 2019  
FIFA Diploma in Football Medicine, 2017  
Progressive Calisthenics Certification, 2015  
RKC Kettlebell Certification, 2014  
Active Release Technique Full Body Certified 1999 - 2013  
CGFI Medical Professional Level 2, 2012  
CGFI Level 1, 2011  
Dry Needling, 2011  
Functional Movement Screen Certification, 2010  
USA Track and Field Level 1 Coach Certification, 2010  
Kinesio Taping® - K1 and K2, 2006  
Certified USA Weightlifting Club Coach, USA Weightlifting, 2004  
Graston Technique: Module 1 & II, 2002

Certified Chiropractic Sports Physician, New York Chiropractic College, 1988

Certified Strength & Conditioning Specialist, National Strength & Conditioning Association, 1988

## **APPOINTMENTS/SPECIAL ASSIGNMENTS**

Maryland State Athletic Trainers Advisory Committee, Baltimore, MD, 2010 – 2011

Maryland State Director, National Strength and Conditioning Association, 2004 - 2010

Maryland State Advisory Council on Physical Fitness, Member 1996 – 2002, Chairman 2002 - 2004

**United States Olympic Team Medical Staff, 1996, Games of the XXVI Olympiad, Atlanta, GA**

Jr. Pan American Track and Field Championships, Team Chiropractor, Havana, Cuba, 1997

## **CONTINUING EDUCATION PROVIDER**

Brain Injury – Concussion in Youth Sports, NACATexas, TX 007-8907

The Sideline Doc – Before the Ambulance Arrives, NACATexas, TX 007-8558

The Pediatric Athlete, NACATexas, TX 007-8234

Sports Injury Care=Sports Injury Prevention=Sports Performance, NACATexas, TX 2015 – 2016

## **PROFESSIONAL SPEAKING ENGAGEMENTS**

Horwitz, S. M. (2013, March). Antioxidants, Periodontal Disease and Systemic Health. Symposium conducted for the Maryland Dental Hygiene Association, Rockville, MD.

Horwitz, S. M. (2009, July). Weight Training: Bridging the Gap between Injury Prevention and Physical Performance. Symposium conducted at the meeting of the Montgomery County Public Schools, Department of Curriculum and Instruction, Health and Physical Education Summer Leadership Program, Gaithersburg, MD.

Horwitz, S. M. (2008, October). Bridging the Gap between Injury Prevention and Physical Performance. Symposium conducted at the Maryland Association for Health, Physical Education, Recreation and Dance Convention, Baltimore, MD.

Horwitz, S. M. (2006, October). Strength and Conditioning for the Physical Educator, Dynamic Warm-up and Stretching Myths, Anabolic Steroid Abuse. Symposium conducted at the Maryland Association for Health, Physical Education, Recreation and Dance Convention, Baltimore, MD.

## **PUBLICATIONS**

Horwitz, S., Anderson, N., Naidoo, R., *Return to Learn (RTL) and Return to Sport (RTS) Protocols for Youth Athletes and Our Proposed Coordinated Return Protocol*, [British Journal of Sports Medicine Blog post](#). (2018)

Zartman, S, Weil, R. #HeySportsParents! An Essential Guide For any Parent with a Child In Sports.

Hermosa Beach, CA: Spoilers Press 2018, Youth Sports Safety: 141-147

## **AWARDS AND HONORS**

Top Sports Medicine Experts, Washingtonian Magazine, 2010  
Guide to America's TOP CHIROPRACTORS, Consumer's Research Council of America, 2006  
Governor's Citation, Robert Ehrlich, Governor, 2004  
Presidential Citation Award, National College of Chiropractic, 1997  
Certificate of Appreciation, National College of Chiropractic, 1997  
Olympic Treasures Museum Display, Maryland Historical Society, 1997  
United States Olympic Team Medical Staff, Games of the XXVI Olympiad, Atlanta, GA, 1996  
Governor's Citation, Paris Glendening, Governor, 1996  
Outstanding Achievement Award, Maryland Chiropractic Association, 1996  
Washington's Top Sports Doctors, Washingtonian Magazine, 1995

## **PROFESSIONAL MEMBERSHIPS**

American Chiropractic Association Council on Sports Injuries and Physical Fitness, Member, 1988 – 2013  
National Strength and Conditioning Association, CSCS Certified, 1988 – 2018  
United States Olympic Sports Medicine Society, Member  
Federation Internationale Chiropractique Sportive, Full Member  
American Chiropractic Association, Member, 1986 – 2013  
Maryland Chiropractic Association, Member, 1988 – 2013

## **COMMUNITY SERVICE**

The Jordan McNair Foundation, Board Member, 2020 -Present  
Adaptive Training Foundation, Volunteer: Training and Performance, Dallas, TX 2015 – 2018  
Endeavor Games, Volunteer Performance Coach, Edmund, OK, 2017  
Texas Regional Paralympic Sport Games, Volunteer Performance Coach, San Antonio, TX, 2017  
USATF National Master's Indoor Track & Field Championships, Event Chiropractor, Landover, MD, 2013  
USA Canoe/Kayak National Slalom Championships, Event Chiropractor, Dickerson, MD, 2010  
YouthSportsParents.com, Panel of Experts, Waltham, MA, 2004 – present  
National Strength and Conditioning Association, Maryland Director, Silver Spring, MD, 2004 – 2010  
USATF National Master's Indoor Track & Field Championships, Event Chiropractor, Landover, MD, 2009  
National Marathon, Event Chiropractor, Washington, D.C., 2007