

# Scott Hoar, D.C., CSCS

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## **EDUCATION**

Doctor of Chiropractic, Palmer College of Chiropractic Florida, Port Orange, FL, Dec, 2010

B.S., Sports Medicine, Radford University, Radford, VA, May 2007

## **PROFESSIONAL AND ACADEMIC SERVICE**

*Mobility 4 Life Chiropractic and Sports Medicine* 2015 - Present Owner/Creator  
Chiropractic treatment of patients looking to decrease pain, increase performance and improve their livelihood.

*Mobility 4 Life Education* 2015 - Present Owner/Creator  
Provide Continuing Education to elite fitness trainers and chiropractors throughout the country to help them provide top of the line service while reducing the risk of injury. Our live and online workshops are:  
-Lower Body Protocols  
-Upper Body Protocols

*Health-Fit Chiropractic Sports Recovery Center* Director of Sports Recovery  
Utilize the most up to date, state of the art equipment for high end athletes looking to combat overtraining and significant soreness. Utilized CryoSauna therapy, Hyperbaric Oxygen Chamber, Class IV Deep Tissue laser, Sports Recovery boots as well as GameReady ice therapy.

*Mobility-Rx Website and Clinics, (onsite or in office)* 2010-current  
Created website (Mobility-Rx.com and give seminars/clinics to groups of golfers, personal trainers, running groups, medical doctors, Crossfit gyms, geriatrics, tennis enthusiasts, Multiple Sclerosis Society, athletic trainers, and high school football players targeting practices to enhance performance and decrease risk of injury.

*Health-Fit Chiropractic and Sports Medicine* 2011-'16 Associate Doctor  
Improve musculoskeletal health through conservative sports medicine intervention such as manual therapies, corrective exercises, modalities, advice, etc.

*Health-Fit Corporate Wellness  
Manager*

*2011-current Director and Site*

Secure and manage on-site satellite clinics and corporate health services of large corporate environments such as ADT, Tyco, City Furniture, Citrix, Royal Caribbean, etc. Created and executed a Functional Fitness challenge for ADT security to improve flexibility and balance to reduce wear on the body

*Athlete's Edge Sports, Boca Raton, FL 2012- 2014 NFL Combine Prep Camp Medical Dir*  
Coordinate a multidisciplinary effort of care for football players preparing for the NFL combine and Pro Days, including chiropractic care, massage, orthopedic care, podiatry, general practitioners, etc

*Test Performance Academy, Boca Raton, FL 2011 NFL Combine Prep Camp Medical Director*  
Coordinate a multidisciplinary effort of care for football players preparing for the NFL combine and Pro Days, including chiropractic care, massage, orthopedic care, podiatry, general practitioners, etc

*Extreme Performance Enhancement (XPE) Sports, Delray Beach, FL 2010-2015 NFL  
Combine Prep Camp Dr*

Assess players utilizing the Functional Movement Screen (FMS) as well as designing and carrying out treatment and exercise plans aimed at reducing risk of injury as well as enhancing performance for the NFL Combine

*Health-Fit Chiropractic and Sports Medicine, Boca Raton, FL 2010 Extern/Rehab Director*  
Created a program to assess patient's mobility and stability limitations as well as prescribe and oversee corrective exercise programs including but not limited to physiotherapy modalities that was incorporated into the Health-Fit Chiropractic and Sports Medicine treatment model.

*Chiropractic Family Health Center, Centreville, VA  
Intern*

*2006*

Attend to patient needs utilizing physiotherapy modalities and assisting in day to day operations of the practice including patient scheduling, collecting payments, etc

*YMCA, Port Orange, FL  
Trainer*

*2008 Personal*

*East Shore Athletic Club, Charleston, SC  
Trainer*

*2007 Personal*

### **Special Interests:**

*Florida Associated Sports Program Corporation, Davie, FL* 2013- current  
Helped create an organization that makes team sports like Sled Ice Hockey and other disabled based teams available for the South Florida communities

*Health-Fit Chiropractic and Sports Medicine, Boca Raton, FL* 2010 - Rehab Director  
Brought Functional Movement Screenings and assessing diagnostic systems to Health-Fit Chiropractic, trained other medical professionals in the system and continues to oversee, innovate and bring movement based diagnoses to new communities.

*Spruce Creek High School Golf Team, Port Orange, FL* 2010 - Rehab Consultant  
Assessed team member's movement patterns utilizing the Titleist Performance Institute golf screen as well as prescribe and oversee corrective exercises and improved movement patterns for the Florida high school state champion golf team

### **LICENSURE/ CERTIFICATIONS**

National Academy of Sports Medicine - Approved CE provider - 2016, 17

American Council on Exercise - Approved CE provider - 2017

Active Release Technique - Long Track Nerve Protocols - 2017

Active Release Technique - Elite Providers Network - 2016

Rocktape, Kinesiology Taping Protocols - 2016

Active Release Technique - Complicated Protocols, 2015

CryoSauna Therapy certified practitioner, 2014

Advanced Selective Functional Movement Assessment, certified 2013

Certified Ergonomic Assessment Specialist (CEAS), 2013

Active Release Technique (ART) - Masters, June 2012

Certified Strength and Conditioning Specialist, NSCA, 2011

Titleist Performance Institute, Level I Golf Fitness Specialist

Active Release Technique(ART)-Upper Extremity, Apr. 2011

Active Release Technique (ART)-Lower Extremity, Jan. 2011

Active Release Technique(ART)-Spine, Jan. 2010

Selective Functional Movement Assessment, certified 2010

National Board of Chiropractic Examiners, 2009-10, Part I-IV, PT

Functional Movement Screen, certified 2010

Y-balance Test Screen, certified 2010

Gaston Technique, Module 1, 2009

American Council on Exercise, Personal Trainer, 2006-2007

### **Affiliations:**

Florida Panthers Adult Hockey League (PAHL)

Florida Associated Sports Program Corp (handicapped athletes association)

USA Hockey Association, member

Landmark Education, Introduction Leader

Crossfit East Boca, member

Palmer Florida Sports Council, member

New York Chiropractic Association, member

Florida Chiropractic Association, member

National Strength and Conditioning Association(NSCA), member  
Motion Palpation Institute (MPI), member  
United States Tennis Association, member  
Sports Events Trainer-Palmer Florida Sports Council  
Radford University Baseball Team, 2003-2005, catcher

### ***ADDITIONAL SEMINARS***

Sports Chiropractic I, II (kinesiotaping)  
Lumbar Flexion-Distracton  
Integrative Diagnosis  
Certified Chiropractic Extremity Practitioner (CCEP) Gait  
CCEP Lower Extremity  
CCEP Soft Tissue  
Core Rehab Strategies  
CCEP Rehab  
Upper Body Assessment, Motion Palpation Institute (MPI)  
CCEP Upper Extremities  
Cervical and Lumbar Radiculopathy  
CCEP TMJ, Ribs and Shoulder Girdle  
Full-Body Adjusting, MPI  
Lower Body Assessment, MPI  
Lumbopelvic Adjusting, MPI  
Evidence Based Approach  
Soft Tissue Considerations  
Extremity Adjusting, MPI  
Golf and the DC, MPI  
Lumbopelvic Adjusting, MPI  
Sacral Occipital Technique  
Applied Kinesiology  
Adjusting Techniques  
NSCA National Conference, 2010, Orlando, FL