



**Dr. Karyn Marshall**  
**Doctor of Chiropractic**  
**Shrewsbury, New Jersey 07702**  
**(732) 741-1000**

## **CURRICULUM VITAE**

### **Employment:**

Co-Clinic Director/Partner, Chiropractor, Champion Health, LLC, Shrewsbury, New Jersey, 1994-Present

### **Education and Licensure:**

- Doctor of Chiropractic, Licensed in the State of New Jersey, 1993-Present
- Doctor of Chiropractic, Licensed in the State of New York, 1993-1997
- Doctor of Chiropractic degree, New York Chiropractic College, Seneca Falls, New York, 1993 - Valedictorian, Summa Cum Laude
- National Board of Chiropractic Examiners, Part 1, 1992
- National Board of Chiropractic Examiners, Part 2, 1992
- National Board of Chiropractic Examiners, Part 3, 1992
- Bachelor of Science in Nursing, Columbia University, New York, 1981
- Registered Professional Nurse, Licensure, New York State, 1981-1992

### **Athletic Achievements:**

- International Weightlifting Hall of Fame
- United States Weightlifting Hall of Fame
- Westchester County, NY Sports Hall of Fame
- AOBS Lifetime Achievement Award
- International Weightlifting Federation (IWF), World Champion
- United States Weightlifting Federation (USAW) 9-Time National Champion
- Set 60 World and American Records
- Won 5 Gold Medals in 5 World Championships
- First Woman in History to Clean and Jerk over 300 pounds
- Cited in Guinness Book of World (Sports) Records 1986 – 1998
- Best Official Competitive Lifts: 112.5 kg. Snatch, 137.5 Kg. Clean & Jerk, 247.5 kg. Total

- Masters (Age Group) IWF 3-Time World Champion
- Masters (Age Group) USAW 6-Time National Champion
- CrossFit Games Masters Finalist– 2011
- CrossFit Level 1 Trainer

**Public Speaking (See attachment for details):**

- TedX Speaker, TedX Navesink “Shattering Records and Glass Ceilings”, 2015
- Articulate, motivational public speaker with appearances on TV, radio and in educational institutions discussing fitness, athletics, nutrition, drugs, exercise, scoliosis, relaxation, stretching, healthy backs, childhood obesity, natural health care and Chiropractic.

**Chiropractic Achievements:**

- 1996 Atlanta Olympics – Athlete Event Escort for Corporate Groups (Time International, Sprint, Meredith and Pepsi)
- New Jersey Garden State Games – Chiropractor/Medical Team
- New Jersey Special Olympics – Chiropractor/Medical Team
- New Jersey Senate Resolution Honoring Involvement in 6 A.M. Club
- American Red Cross – Healthy Back Class Instructor
- Brookdale Community College – Healthy Back Class Instructor
- Brookdale Community College – Osteoporosis Workshop Instructor
- Brookdale Community College – Strength Training for Women Instructor
- Police Athletic League-Cliffside Park and Team Maccabi – Chiropractic Consultant
- World Trade Center – Chiropractic Volunteer for Rescue Workers at Ground Zero
- Local Weightlifting, 5K and Soccer Events – Chiropractic/Medical Team

**Selected Post Graduate Education and Certificates:**

- Seminar on Radiology by Terry Yochum, D.C.
- Extremity Adjusting Seminar by John Mennell, M.D.
- Motion Palpation Institute Seminars-Cervical, Thoracic, Lumbar and Extremities
- Spinal Decompression Protocols and Indications – Training
- Posture, Balance and Motion Seminar
- Lumbar Spinal Stenosis Workshop
- Assessment and Rehabilitation of the Shoulder Seminar
- Dynamic Adjusting of the Foot and Ankle - Workshop
- Overtraining, Burnout and Athletic Excellence- Seminar
- Functional Neurology Workshop
- Global Pain and Fatigue Syndromes Assessment and Treatment Seminar
- Inflammation and Autoimmune Disease- Seminar
- Performance Enhancing Diets- Seminar
- Integrative Oncology- Side Effects of Treatment, Pharmaceutical and Holistic Interventions - Seminar
- Dynamic Adjusting of the Cervical and Thoracic Spine - Seminar
- Clinically Effective Therapies for Reversing Heart Disease and Diabetes- Certification

- Scapula Dynamics Revealed in Sports Injuries and Rehabilitation of the Shoulder
- Introduction to the Diagnosis and Treatment of Mild Traumatic Brain Injury and Concussion
- Foundations of Kinesiology Taping for Spinal and Pelvic Musculoskeletal Pain
- Seminar on Child Abuse Detection and Reporting
- Seminar on Vertebro Basilar Artery Insufficiency Syndrome
- Chiropractic Treatment of Lumbar Disc Herniation, Flexion Distraction Technique
- Vertebral Subluxation Complex Seminar by Guy Riekeman, DC
- Pediatric Adjusting Seminar
- Chiropractic, Pregnancy and Pediatrics by Joan Fallon, DC
- Chiropractic Biophysics Seminar by CJ Mertz, D.C.

**Public Speaking Attachment:**

- TedX Speaker, TedX Navesink “Shattering Records and Glass Ceilings”, 2015
- McDonald’s “Sportswoman of the Year”, Women’s Sports Foundation, 1988 Finalist
- Downtown Athletic Club and Women’s Sports Foundation’s Champion Award Recipient
- A Night for Heroes, Connecticut Special Olympics Benefit, Sports Hero
- Sugar Free Jell-O “Aspire Higher” Search for Young Athletes, Clinic Leader
- “Drugs and the Athlete” Monmouth County High School Task Force on Drinking/Driving/Drugs, Monmouth County Prosecutor’s Office, Guest Speaker
- Conference on Women and Strength Sports, Women’s Sports Foundation, Guest Speaker
- Big Apple Sports Festival, Madison Square Garden, Demonstration
- Solgar Vitamins First Things First, Award Recipient
- Women’s Leadership Conference on Fitness, Speaker
- Sports Illustrated Human Resources Center (Disabled), Celebrity Sports Night, Honored Guest Athlete
- Women’s Sports Foundation Annual Conference, Panel Speaker, Women and Steroids
- Women’s Health and Fitness Weekend, Westchester County Center, Workshop Speaker
- Fitness Awareness Day, Barnard College, Columbia University, Demonstration and Speaker
- Women in Sports Colloquium, City College of New York, Speaker
- Annual Athletic Awards, John Jay College, Guest Speaker
- Manhattan College, Seminar Speaker
- Serving the Athlete, Hunter College Sports Symposium, Demonstration and Speaker
- Queen’s Festival, Demonstration
- American and International Weightlifting Cup, Olympic Training Center, Colorado Springs, Demonstration
- General Foods Rye Brook Run, Demonstration and Speech
- Tappan Zee High School, Demonstration and Speech
- Eastern District High School, Speaker
- Empire State Games Press Conference, Demonstration
- New York State Teacher’s Honor Society, Seneca Falls Chapter, Speaker
- Sports Injury Club, New York Chiropractic College, Speaker

- Women's Hall of Fame Convention Days, Seneca Falls, Speaker/Grand Marshal
- Overcoming Obstacles, Landmark College, Demonstration and Speech
- Nassau Science Exploration Conference, Hofstra University, Speaker
- Special Education Class, Elizabeth Cady Stanton Elementary School, Demonstration and Speech
- Women in Chiropractic: Today's Success Stories, New York Chiropractic College, Organizer and Introductory Speech
- Career Day, Plainedge High School, Speaker
- Valedictorian, Class Address, Graduation Commencement, New York Chiropractic College

**Volunteer:**

- 1999 – 2011 Coach for the 6am Club – Girls Program, sponsored by the Monmouth County Prosecutors Office, Task Force on Drinking, Driving and Drugs
- 2004-2010 New Hope Foundation, Board of Trustees – A 501(c) 3 non- profit organization that treats adults and adolescents with substance abuse problems and whose mission it has been for 30 years to treat those most in need.

**Previous Employment:**

- 1980 - 1990 Financial Analyst, William H. Tehan Co.
- 1980 Registered Professional Nurse, Loeb Center, Montifiore Hospital

**ACADEMIC ACHIEVEMENTS:**

- Valedictorian
- Summa Cum Laude
- Phi Chi Omega Member (Chiropractic Honor Society)
- Dean's List
- \*Clinic Award
- Alumni Award
- Chiropractic Technique Award
- Academic Excellence Award
- Academic Scholarship Recipient
- Presidential Scholarship Recipient
- Director's Assistant
- Teacher's Assistant
- Residence Director
- Initiated/Organized Nassau County Medical Center/New York Chiropractic College Grand Round Lecture Series
- Passed New York and New Jersey State Chiropractic Licensure Exam
- Passed National Chiropractic Boards Exam (Part I, II, III, and Physiotherapy)