

## **Grant Sanders**

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### **EDUCATION**

- University of Kentucky Lexington, KY  
Ph.D. Exercise Science May 2015
- Dissertation: The effects of spinal manipulative therapy on isokinetic strength and postactivation potentiation  
[https://uknowledge.uky.edu/cgi/viewcontent.cgi?article=1027&context=khp\\_etds](https://uknowledge.uky.edu/cgi/viewcontent.cgi?article=1027&context=khp_etds)
- Northeast College of Health Sciences Seneca Falls, NY  
Doctor of Chiropractic July 2010
- Levittown Health Center Internship, Long Island, New York
- Baldwin Wallace University Berea, OH  
B.A. Fitness Management, Minor in Health Promotion May 2006
- Semester abroad, University of Hull, Exercise Science Program Fall 2004  
Kingston-upon-Hull, England

### **WORK EXPERIENCE**

- Sanders Chiropractic and Fitness, LLC Bainbridge Township, OH  
Owner April 2018 - Present
- NPI #1225363039
- Active Chiropractic and Wellness Chagrin Falls, OH  
Chiropractic Associate April 2016 - December 2017
- Diagnosis, treatment and management of acute and chronic musculoskeletal conditions
  - Customized exercise consultations for patients' health, fitness and sports performance goals
  - Growth and retention of a diverse patient base
  - Monthly marketing and advertising activities
  - Community involvement
    - Chagrin Valley Chamber of Commerce, health fairs exhibitor, various volunteer events
    - Presentations/workshops related to strength and conditioning, chiropractic and nutrition

### **PROFESSIONAL POSITIONS**

- Wellness Guide, University of Kentucky August 2014 - May 2015  
Health and Wellness Program
- Graduate Assistant, University of Kentucky May 2013 - August 2014  
Health and Wellness Program
- Teaching Assistant, University of Kentucky August 2012 - May 2013  
Department of Kinesiology and Health Promotion
- Clinical Internship, New York Chiropractic College September 2009 - July 2010  
Levittown Health Center, Long Island, New York
- Conditioning Instructor, Baldwin Wallace University August 2005 - May 2006  
Women's basketball and volleyball teams
- Corporate Fitness Internship, Key Bank Health and Fitness Centers May - August 2005  
Cleveland and Brooklyn, Ohio

## LICENSURE/CERTIFICATIONS

Ohio Chiropractic License #4554	August 2015 - Present
NSCA Certified Strength and Conditioning Specialist	July 2013 - Present
American Red Cross First Aid/CPR/AED	August 2012 - Present
Kentucky Chiropractic License (Inactive) #5312	October 2011 - Present

## AWARDS

Research Grant, Arvle and Ellen Turner Thacker Research Fund University of Kentucky, College of Education	March 2014
Conference Travel Award University of Kentucky, Department of Kinesiology and Health Promotion	February 2013
Ezra Gillis Graduate Tuition Scholarship University of Kentucky, Department of Kinesiology and Health Promotion	August 2010
Liberio A. Violini Distinguished Service Award Levittown Health Center, Long Island, New York	July 2010
NYCC Merit Scholarship New York Chiropractic College	August 2006
Partial Tuition Scholarship Baldwin Wallace University	August 2002
Young Professionals Scholarship Willoughby Junior Women's Club	August 2002

## MEMBERSHIPS

Chagrin Valley Chamber of Commerce	2016 - Present
National Strength and Conditioning Association	2013 - Present
American Chiropractic Association	2010 - Present
Ohio State Chiropractic Association	2010 - Present

## PEER-REVIEWED MANUSCRIPTS

Lo, C.N., Leung, B.P.L., Sanders, G., Li, M.W.M. and Ngai, S.P.C. (2022). The major pain source of rotator cuff-related shoulder pain: A narrative review on current evidence. Musculoskeletal Care. <https://doi.org/10.1002/msc.1719>

Sanders, G., Nitz, A., Abel, M., Symons, T., Shapiro, R., Black, W., & Yates, J. W. (2015). Effects of Lumbosacral Manipulation on Isokinetic Strength of the Knee Extensors and Flexors in Healthy Subjects: A Randomized, Controlled, Single-Blind Crossover Trial. Journal of chiropractic medicine, 14(4), 240–248. <https://doi.org/10.1016/j.jcm.2015.08.002>

## ABSTRACTS

2016 Combined Sections Meeting American Physical Therapy Association Anaheim Convention Center, Anaheim, CA Croft E, Nitz A, <u>Sanders G</u> , Bazrgari B Spinal manipulation does not improve balancing performance of healthy individuals on an unstable seat.	February 2016
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10<sup>th</sup> Annual Spring Conference  
University of Kentucky Center for Clinical and Translational Science  
Lexington Convention Center, Lexington, KY  
Croft E, Nitz A, Sanders G, Bazrgari B  
Mechanical changes in the lower back following six sessions of spinal  
manipulation - Preliminary results.

March 2015

## **RESEARCH POSTER PRESENTATIONS**

25<sup>th</sup> Annual Spring Research Conference  
Duke Energy Convention Center, Cincinnati, OH  
Sanders G, Nitz A, Abel M, Symons T, Shapiro R, Black W, Yates J.W.  
The effects of spinal manipulative therapy on postactivation potentiation:  
A pilot study.

April 2014

24<sup>th</sup> Annual Spring Research Conference  
Hilary J. Boone Center, University of Kentucky  
Sanders G, Nitz A, Abel M, Symons T, Shapiro R, Black W, Yates J.W.  
The effects of lumbosacral manipulation on isokinetic strength of the knee  
extensors and flexors.

April 2013

Southeast Chapter of the American College of Sports Medicine  
Hyatt Regency Hotel, Greenville, SC  
Sanders G, Nitz A, Abel M, Symons T, Shapiro R, Black W, Yates J.W.  
The effects of lumbosacral manipulation on isokinetic strength of the knee  
extensors and flexors.

February 2013