

## WARREN I. HAMMER

### **Office:**

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### **Residence:**

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### **Professional**

Practicing Doctor of Chiropractic, 1959 to present.

### **Education:**

B.A. Brooklyn College, 1955  
DC, Lincoln Chiropractic College, 1958  
Diplomate, American Board of Chiropractic Orthopedists, 1975  
M.S., University of Bridgeport (Human Biology-Nutrition) 1979

### **Professional Organizations:**

American Chiropractic Association  
Foundation for Chiropractic Education and Research  
Society of American Board of Chiropractic Orthopedists  
Society of Orthopedic Medicine  
ACA Council on Sports Injuries and Physical Fitness

### **Instructor in Spinal Biomechanics:**

New York Chiropractic College, 1982 - 1986

### **Lecturer, Post-Graduate Education:**

New York Chiropractic College, 1982 -1986  
Cleveland Chiropractic College (Los Angeles/Kansas City), 1991 to 1996:  
Seven 12 hour seminars per year on Soft Tissue subjects.  
Texas Chiropractic College, 1993  
Northwestern Chiropractic College, 3/25,26 /95, 4/1,2/95, 6/17,18/95.  
National Chiropractic College, 1998 to present.

## WARREN I. HAMMER, Page 2.

### **Guest Lecturer:**

- “TMJ Diagnosis and Treatment” Greater New York Dental Meeting, 1979.
- “Examination of the Upper Extremity and Use of Friction Massage”, New York State Chiropractic Association, Rochester Regional Meeting, 1991.
- “Upper Extremity Syndrome” (Featured speaker, multi-disciplinary conference) Cincinnati Jewish Hospital, sponsored by Ohio State Chiropractic Association: March 6,7,1992.
- “Hyperpronation Syndrome” and Examination of the Upper Extremity”, Illinois Chiropractic Society, Chicago, Illinois, April 4,5, 1992.
- “Upper Extremity Examination”, Indiana Chiropractic Association Indianapolis, Ind., Feb. 28, 29,1992.
- “Soft-Tissue Techniques”, Connecticut Chiropractic Association Greenwich, Ct., October 15, 1994.
- “Myofascial Soft Tissue” at Chiropractic Centennial in Washington, D.C., July 7, 1995.
- “Soft Tissue Alternatives for the Spine & Extremities”, Ohio State Chiropractic Association Convention, Columbus Ohio, Oct. 14,15, 1995.
- “Soft Tissue Alternatives, Cervical Spine & Upper Extremities” Iowa Society of Chiropractic Orthopedic, Des Moines, Iowa, 8/26, 8/27/95.

### **Guest Lecturer at the following International Meetings:**

- International Chiropractic Congress, 1988, Sidney, Australia
- European Chiropractic Union, 1988, Rapallo, Italy
- British Chiropractic Association, 1990, Torquay, England
- Chiropractic/Osteopathic College: “Integrative Fascial Release” Melbourne, Australia, October 9, 10, 1999
- Poster Presentation on Pre-stress Manipulation: WFC 9<sup>th</sup> Congress, ECU
- 75<sup>th</sup> Anniversary Convention 5/17-19/2007

## WARREN I. HAMMER, Page 3.

**Editorial Board of Advisors:**

Institute for Myofascial Therapy 1993 to present.  
Chiropractic Sports Medicine: 1993 to present.  
Topics in Clinical Chiropractic: 1994 to present.  
Journal of Myofascial Therapy: 1994 to present.

**Publications:**

- Text book: Functional Examination of the Soft Tissues and Treatment by Manual Methods: The Extremities. Aspen Medical Publishers, Gaithersburg, MD, 1991.
- Textbook: Functional Examination of the Soft Tissues and Treatment by Manual Methods: New Perspectives, Ed. 2. Aspen Medical Publishers, Gaithersburg, MD, 1999. Current publisher: Jones & Bartlett
- Textbook: Functional Soft Tissue Examination and Treatment by Manual Methods 3<sup>rd</sup>. ed. Jones & Bartlett, Sudbury, MA. 01776; 2007

**Professional Articles:**

“Meniscotibial (Coronary) Ligament Sprain: Diagnosis and Treatment”, Chiropractic Sports Medicine. 2 (2) 1988.

Causes, Effects and Treatment of Hyperpronation”. Chiropractic Sports Medicine, Aug. 1992.

“Diagnosis and Treatment of Chronic Shoulder and Hip Bursitis”. Journal of Manipulative and Physiological Therapeutics, Feb., 1993.

“Use of integrative fascial release for genitofemoral nerve entrapment”. Chiropractic Technique, November, 1998.

Hammer, W. The Benefits of Instrument-assisted Soft-tissue Mobilization Techniques. The American Chiropractor; Volume 27, Issue 9, 2006

Hammer,W. DC, MS, Pfefer MT. RN, MS, DC. Treatment of a Case of Subacute Lumbar Compartment Syndrome Using the Graston Technique®. JMPT 28(3), 2005.

Hammer WI. The effect of mechanical load on degenerated soft tissue. J Bodywork & Movement therapies 12; 2008:246-256.

**Article Series in MPI's Dynamic Chiropractic:** Monthly from August 1987 to present.

**Contribution to Textbooks:**

"Improving Skills" in Walther, DS: Applied Kinesiology Volume 1, Basic Procedures and Muscle Testing, Pueblo Colorado, Systems DC 1981: 108-109.

"The Use of Transverse Friction Massage in the Management of Chronic Bursitis of the Hip or Shoulder" in Lawrence DJ: Yearbook of Chiropractic 1995, St Louis: Mosby, 1995.

"Provocative testing of the extremities" in Greenstein GM: Clinical Assessment of Neuromusculoskeletal Disorders, St. Louis: Mosby, 1997.

"Soft Tissue Therapies" in Redwood D. Contemporary Chiropractic, New York, Churchill Livingstone, 1997.

**Publications on Dr. Hammer:**

Baum, AZ: "Who on Earth Goes to a Chiropractor?", Medical Economics, July 19, 1971.

"Practice of Chiropractic", Congressional Record of the US Senate, No 118, No 98: June 16, 1972.

**Warren I. Hammer, page 5.**

**Presentations (not including MPI lectures)**

**Presentations: 1996**

- Iowa Chiropractic Society, April 19, 20 on Soft Tissue Alternatives, Cervical Spine & Upper Extremities.
- Commencement address at Bridgeport Chiropractic College April 28, 1996
- Connecticut Chiropractic Association Spring Meeting: 6 hour presentation on diagnosis and treatment of shoulder problems.
- Danish Chiropractic Society June 15,16, 12 hour presentation on spinal & muscle evaluation. Odense, Denmark
- Iowa Chiropractic Orthopedic Society 12 hour presentation September 11 & 12 on diagnosis and treatment of lower extremity problems.
- 1996 National Chiropractic Convention, Atlanta Georgia, October 11, 1996.
- Diagnosis & Treatment of Shoulder Problems. 1996 Northeast Ohio Academy of Chiropractic Continuing Education Series 12 hour presentation on Soft Tissue Injuries Acute & Chronic, December 7 & 8, Marriott Airport, Cleveland Ohio.

**Presentations: 1997**

- Rehabilitation Course for Northwestern Chiropractic College Post Graduate, Adjunctive Soft Tissue Techniques, 12 hours, March 1,2, 1997.
- North Dakota Chiropractic Association, Soft Tissue Alternatives for the Cervical Spine & Lower Extremities. July 26, 27, 1997. 12 hours.

**Presentations: 1998**

- Ohio Applied Kinesiology Association, Toledo, February 7, 8, 12 hours on: "Soft Tissue Alternatives for the Cervical Spine & Upper Extremity".
- Kentucky Chiropractic Association, Lexington, March 7, 6 hours on: Interactive Fascial Release.

### **Warren I. Hammer, page 6.**

- Bridgeport Chiropractic College: May 9 & 10, 12 hours on: “The Shoulder & Entrapment Syndromes-Upper extremity”.
- Maryland Chiropractic Association: October 17, 18, 12 hours on: Interactive Release for the Upper Extremity.
- Attended: Bridgeport Chiropractic College:” 7 hours: “A Rehabilitation Approach to the Cervical Spine Patient”. 10/24-25/98.
- Attended American College of Sports Med & 1998 Annual Meeting: 8 hours.
- Attended Ursa Foundation 18 hours on Scientific Myofascial Release 9/11-13, 1998.
- Attended Tensegrity Therapy workshop, 12 hours 11/28-29/98 Tottenham, ON.

### **Presentations 1999:**

- Commencement Address Bridgeport Chiropractic College, 12/11/99.

### **Presentations 2000:**

- Buffalo Chiropractic Association sponsored by Buffalo MRI: 12 hours on Integrative Fascial Release – Spine & Extremities.
- Idaho Association of Chiropractic Physicians: Soft Tissue Alternatives: Spine & Extremities.
- Attended 4 day (32 hour) seminar on Fascial Anatomy of the Lower Limb. University of Toronto, ON; 4/13-16/2000
- Attended Sebago Lake, Maine 8/10-14/02. Functional, Structural, and Psychophysical foundations of bodywork, therapy and education.
- Attended: 35 hour workshop at Muscular Therapy Institute, Cambridge, MA.

### **Presentations 2001:**

- Lecture at Northwestern College of Chiropractic Homecoming Feb. 1-3 on “Integrative Fascial Release of the Cervical Spine”.
- 12 hour lecture at Solihull Hospital, Solihull, England, Feb. 12-13, on Latest Soft Tissue Methods.
- 12 hour seminar for the Council on Extremities, Boise Idaho, 5/5 to 5/6/01 on Soft Tissue Alternatives for Musculoskeletal Problems.

### **Warren I. Hammer, page 7.**

- 12 hour seminars scheduled in Atlanta 7/21-22, Canada 9/8 to 9/9, Houston, TX.
- Attended Somatotherapy Interactive seminar 5/26-29; Voyer D.O. Articular Pumping methods. Toronto, ON.
- Attended ELDOA Somatotherapy Interactive Seminar, Toronto, ON 9/29-10/2/2000; 30 hours.

**Presentations 2002:**

- 12 hour lecture Solihull Hospital, Solihu, England February 9-10 for CEA (Council on Extremity Adjusting)
- North Carolina Chiropractic Spring Conference, Omni Hotel, Charlotte, NC, 3/15 to 3/17. 16 hour presentation on Soft Tissue Alternatives for the Spine, Upper & Lower Extremities.
- 4/6-4/7 Cleveland Chiropractic College Kansas City, 12 hours. Chronic Soft Tissue Injuries.
- 12 hour lecture-Soft Tissue Methods: Harrisburg, PA. June 1-2 (Council on Extremity Adjusting)
- 12-Hour lecture-Graston Technique®, 8/14-18 Pennsylvania State Chiropractic Association.
- 12 hour lecture-Soft Tissue Methods: Atlanta, GA Nov. 1-2. (Council on Extremity Adjusting)
- 11/2-3/2002 Soft Tissue, Mod VII, Life University, 12 hours, Marietta, Georgia

**Presentations 2003:**

- 1/18-19, Graston Technique® Module II, 12 hrs. ORLANDO
- 2/8 Northwestern Homecoming, Soft Tissue, 1 hr. 45 min.
- 2/15-16 Council on Extremity Adjusting, 12 hours, S. Carolina-Rockville
- 2/22-23 Graston Technique® Module II, 12 hrs. LOS ANGELES
- 3/8-9 Lombard, IL., CEA Council on Extremity Adjusting, 12 hours
- 3/15-16 Graston Technique® Module II, 12 hrs. ORLANDO
- 3/22-23 Graston Technique® Module II, 12 hrs. OMBARD
- 4/25-27 Michigan State Chiropractic Association, 12 hrs. Soft Tissue Alternatives
- 5/3 Orlando WFC (World Federation of Chiropractic) 4 hrs. Soft Tissue Shoulder
- 5/31-6/1 Graston Technique® Module II, 12 hrs. LAS VEGAS

### **Presentations 2003 continued:**

- 6/7-8: Graston Technique® Module II, 12 hrs. BOSTON
- 6/21- 22: Graston Technique® Module II, 12 hrs. MINNEAPOLIS
- 9/6-7: Graston Technique® Module II, 12 hrs. NEWARK
- 9/12-14: Colorado State Association 12 hour Soft tissue
- 9/20-21: England, Solihill Council on Extremity Adjusting, 12 hours CEA
- 9/27-28 DENMARK, 12 hour Soft Tissue
- 10/11-12: Graston Technique® Module II, 12 hrs. SAN FRANCISCO
- 10/17-18: Canada, Council on Extremity Adjusting, 12 hours
- 11/1 Canadian Memorial Chiropractic College 8 hours (Soft Tissue & Graston Technique®)
- 11/22-23 Cleveland College Kansas City, 12 hours, Graston Technique® & Soft Tissue
- 12/6-7 Council on Extremity Adjusting, 12 hours, Boston
  
- Attended 36 contact hours with Guy voyer D.O: Anatomy of the fascia with dissection: abdomen & pelvis and connections. Kingston, Ontario, Canada: Nov 14-17.
  
- 17 hours of continuing education credit: “Neuromuscular Reeducation” 7/26-27, 2003, Boston, MA.

### **Presentations 2004:**

- 1/10-11 Newark 12 hours Module II Graston Technique®
- 1/17-18 Raleigh, NC, 12 hours soft tissue: Council on Extremity Adjusting
- 2/21 Reno, Graston Technique® LA Chiropractic Association.
- 2/28-29 Madison, WI, Council on Extremity 12 hrs. Soft Tissue
- 3/13-14 Maryland Chiropractic Association:2 hrs. Use of GT in Chiropractic Office
- 4/ 3-4 Minneapolis 12 hours GrastonTechnique®, Mod. II
- 4/16-19 Attended Dissection of Fascia Upper Extremity; Kingston, Ontario.
- 5/1-2 4hrs Graston Technique®, Maine Chiropractic Association
- 5/15-16 Las Vegas, 12 hours, Graston Technique®, Mod. II.
- 5/22-23 European Chiropractic Union, Helsinki, Finland; Spinal Soft Tissue

### **Warren I. Hammer Page 9.**

- 6/ 5-6 Toronto Module II, Graston Technique®
- 6/12-13 CEA Salt Lake City
- 8/1 NYCC Commencement Address; Seneca Falls, N.Y.



- 9/ 11-12 Atlanta, 12 hours, Mod II, Graston Technique®
- 9/ 18-19 Newark, Module II, Graston Technique®
- 10/ 2-3 ICPC Iowa 4hours; Graston Technique®
- 10/22 Wt. Lifting Conference
- 11/6-7 Boston, 12 hours; Graston Technique®, Mod. II
- 11/13-14 Council on Extremity Adjusting; 12 hrs. Soft Tissue: Orange County, CA

### **Presentations 2005:**

- Jan 29-30: Toronto M2 Graston Technique® 12 hours on soft tissue evaluation.
- Feb 26-27 Vegas 12 hour; “Weekend with Warren”
- March 12-13: Vancouver M2 Graston Technique® 12 hours on soft tissue evaluation.
- April 16-17: Toronto M2 Graston Technique® 12 hours on soft tissue evaluation.
- April 23-24: Speaker at Ohio State Chiropractic Convention
- May 7-8: European Chiropractic Union (ECU): Lecture on soft tissue mechanical loading.
- May 21-22 Newark, NJ: Soft Tissue advances: “Weekend with Warren”
- July 30-31: Logan Chiropractic College, St. Louis: Soft Tissue
- August 25-27: ACA Sports Council Symposium at the Florida Chiropractic Association: Speaker on: The Effects of Mechanical Load on Soft Tissue: Rotator Cuff, Anterior Knee Pain
- September 9-11: 1st Graston Technique® Seminar in Europe (England)  
September 24-25: Lombard M2 Graston Technique® 12 hours on soft tissue evaluation.
- October 5: Speaker at Connecticut Chiropractic Association meeting Hartford CT

### **Warren I. Hammer Page 10.**

- Oct 29-30: Minneapolis M2 Graston Technique® 12 hours on soft tissue evaluation.
- November 5-6: Motion Palpation Masters Meeting, “soft tissue alternatives”.

### **Presentations 2006:**

- April 8: 12 hours Soft Tissue: Vermont Chiropractic Association.
- April 29,30 12 hours Soft Tissue: North Dakota Chiropractic Association
- May 20,21 12 hours Soft Tissue LACC
- June 3-4 WWW Boston
- June 10-11 Canadian Chiropractic, Soft Tissue, Prince Edward Is
- June 23 National College Homecoming: 2hrs.
- Sept 16-17 Lombard, IL 12 hours, Weekend With Warren
- Sept 23-24 Newark, NJ Weekend With Warren
- Oct 7-8 Orlando Weekend With Warren
- Oct 21-22 Las Vegas, Weekend With Warren
- Attended 11/2-5/06 Active Isolated Stretching; 32 contact hours.

### **Presentations 2007**

- 4/26-5/2 Speaker 4 hours ACCO convention, Phoenix, AZ
- 5/5,6 Speaker CCSS, Toronto
- 5/17-19 World Federation of Chiropractic, ECU, poster presentation on Pre-stress Test for Spinal Manipulation of the Lumbar and Sacral Segments
- 10/4-5/2007 Poster presentation on Lumbar Compartment Syndrome and The Effect of Mechanical Load on Degeneration Soft Tissue. 1st International Fascia Research Congress – Basic Science and Implications for Conventional and Complementary Health Care. The Conference Ctr, Harvard Medical School, Boston MA
- 11/3,4 Connecticut Chiropractic Association 12 hour soft tissue seminar.
- 12/ 1,2: Taiwan Chiropractic Association: 12 hour soft tissue, Taipei University, Taiwan.

### **Warren I. Hammer Page 11.**

### **Presentations 2008**

- 1/19,20 12 hour soft tissue seminar: Solihul, Eng.
- 2/16-17 12 hour soft tissue seminar: Calgary
- 2/23-24 12 hour soft tissue seminar, Singapore
- 4/5 Palmer West 8 hrs. San Jose, CA
- 4/26,27 12 hour soft tissue seminar: Toronto Canada

8/14-16 4 hours on Graston Technique®, SCU Extravaganza, Long Beach CA  
9/26-28 12 hours soft tissue seminar, Illinois Chiropractic Association  
10/9-12 15 hour soft tissue seminar, Georgia Chiropractic Association.  
10/31 - 11/2 8 hours: Indiana Chiropractic Association  
11/15,16 12 hour soft tissue seminar, Vancouver, Canada