

LaMar Sheppard, DC, CSCS, QME

Chiropractor, Strength Coach and Medical Evaluator

lamar@doctorofstrength.com

BUSINESS SKILLS

Emotional Intelligence; Executive-level Presentations; Customer Advocacy; Trend Analysis; Team Leadership; Solution Selling; Customer Relationship Management (CRM) software; Electronic Health Records (EHR) software; Business Productivity Tools; Go-to-market Strategy.

EDUCATION

Doctor of Chiropractic, 2018 – Palmer College of Chiropractic, West
B.A. in Political Science, 1999 - University of California, Berkeley

APPOINTMENTS

Qualified Medical Examiner, October 2020 to present

PUBLICATIONS

Monthly Corporate Newsletter, Theravance Biopharma
Newspaper, Palmer College of Chiropractic

“An Alternative View of Pelvic Imbalance”

“C-Spine Remixed”

“Start with Why in Chiropractic”

Medium, online semi-monthly topics

PROFESSIONAL DEVELOPMENT

2023. Art of Coaching: monthly 1:1 sessions that support professional writing, San Francisco, CA.

2023. Pure Encapsulations: A Guide to Andropause and Hormonal Changes in Men, San Francisco, CA.

2023. Palmer College of Chiropractic: Case studies in Radiology including x-ray and magnetic resonance imaging (MRI), San Francisco, CA.

2023. Palmer College of Chiropractic: Somatovisceral Dysfunction and Heart Rate Variability, San Francisco, CA.

2023. Palmer College of Chiropractic: The Prefrontal Cortex and Implications for the Chiropractor, San Francisco, CA.

2023. Perform Better Functional Training Summit, Long Beach, CA.

2022. Chiropractic Franchise: The Joint, San Rafael, CA.

2022. Art of Coaching: Apprenticeship 1, interpersonal communication, Sacramento, CA.

2022. Art of Coaching: Bought In, interpersonal communication, San Francisco, CA.

2022. Anatomy Trains: Fascia and The Nervous System, San Francisco, CA.

2022. Dr. Jacob Teitelbaum: S.H.I.N.E. Protocol for Chronic Fatigue Syndrome & Fibromyalgia certification, San Francisco, CA.

2022. Psychiatry Redefined: Integrative Medicine for Anxiety, San Francisco, CA.

2022. Anatomy Trains: Menopause MasterClass, San Francisco, CA.

2021. OrangeTheory Fitness: Heart-rate Based Interval Training, Pacifica, CA.

2020. Research Mentorship Program: Muscle architecture and function. San Francisco, CA.

2020. California Workers' Compensation: Industrial Injury Evaluator certification, San Jose, CA.

2020. Precision Nutrition: Level 1 certification, San Francisco, CA.

2019. Corporate Chiropractic: Theravance Biopharma, South San Francisco, CA.

2019. BATS Improv: Foundation 1, San Francisco, CA.

2018. The Clinical Companion to FixYourBack.com, Austin, CA.

2018. Myofascial Decompression: Cup Therapy certification, UC San Francisco, CA.

2017. Anatomy Trains *Live*: Self-guided, untreated cadaver dissection, Boulder, CO.

2016. Motion Palpation Institute: Spine; Integration Upper, San Jose, CA.

2016. RockTape: FMT Basic certification, South San Francisco, CA.
2015. Functional Range Conditioning: Mobility certification, San Francisco, CA.
2015. The Language of Coaching: The Art & Science of Teaching Movement, San Francisco, CA.
2015. Postural Restoration Institute: Postural Respiration; Myokinematic Restoration; Impingement & Instability, Palo Alto, CA.
2014. C.H.E.K. Institute: Exercise coach certification, San Francisco, CA.
2014. Perform Better Functional Training Summit, Long Beach, CA.
2011. Sandler Sales Method, San Francisco, CA.
2000. FranklinCovey: Time Management and Productivity, San Jose, CA.

TEACHING EXPERIENCE

Undergraduate Teaching Assistant, UC Berkeley

- Math 32

HONORS / AWARDS

Cum Laude Graduation Honor, 2018
Finalist for "Clinical Excellence Award", 2018
"Most Inspirational Trainer Award", 2015
Led physical preparation of University H.S. Boys Basketball: NorCal Section Finalist, 2015
Led physical preparation of International H.S. Girls Basketball: *undefeated* league season, 2013
Regional Finalist, CrossFit, 2010, 2011, 2012
Top Salesperson, Xerox DocuShare, 2006
Mountain View Adult Mens Basketball League Champions: *undefeated* season, 2001
"Edward Kraft Award", 1994

MEMBERSHIPS / AFFILIATIONS

Pi Tau Delta, an International Chiropractic Honor Society
National Strength and Conditioning Association (NSCA)

American College of Sports Medicine (ACSM)

Functional Range Conditioning (FRC)

Functional Movement Screen (FMS)