

Sara Cuperus, DC, CCSP, ICCSP, CACCP, CES, ATC

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Objective:

My approach to healthcare is an individual one. I feel that each patient presents with a unique set of symptoms and I tailor my approach to meet the needs of the patient. I feel that it is my duty to educate patients and help them achieve their health and wellness goals. I also have a passion for learning, and continue to take classes in order to continually provide high quality, relevant care to my patients. I have also discovered an enthusiasm for teaching and sharing my knowledge with others.

Education:

- 2002 – Doctor of Chiropractic, Northwestern College of Chiropractic, Bloomington, MN
- 1999 – Bachelor's Degree in Exercise Science, Cum Laude, University of Minnesota, Duluth

Certifications:

- 2021 – Safe Sport
- 2020 – Corrective Exercise Specialist – National Academy of Sports Medicine
- 2019 – International Certificate in Sports Chiropractic (ICSC), FICS, #ICSC000017
- 2017 – Structure and Function Dry Needling – Sue Falsone
- 2015 – International Certified Chiropractic Sports Practitioner (ICCSP), FICS, #TSC201511377
- 2014 – RockTape – Level 1 and Level 2
- 2013 – Selective Functional Movement Assessment Certification, SFMA/FMS
- 2013 – ACBSP Concussion Registry
- 2011 – Graston Technique®, Northwestern Health Sciences University
- 2010 – 30 Hour Rehabilitation, Dr. Tim Stark, Northwestern Health Sciences University
- 2009 – Family Practice and Pediatrics (CACCP), Academy of Chiropractic Family Practice and the Council on Chiropractic Pediatrics
- 2006 – Certified Doula, DONA International
- 2003 – Certified Chiropractic Sports Physician (CCSP), American Chiropractic Board of Sports Physicians
- 2003- Athletic Trainer-Certified, Board of Certification
- 2002 – Acupuncture, Northwestern Chiropractic College

- 2002 – present – Certified in Cardiopulmonary Resuscitation and AED

Health Care Experience:

- 2003-present – Private practice, Chiropractic Performance Center, PA, Sartell, MN
- March 2020 – University of Minnesota Intercollegiate Athletics, Team Chiropractor

Teaching Experience:

- 2013- present – Graston Technique - Assistant Instructor for M1(2013) and M2 (2018)
- 2018 – present – Structure and Function Education, Teaching Assistant
- 2021 – ACA Pediatrics Council Virtual Symposium presentation of “The Body Keeps the Score”
- 2020- ACA Pediatrics Council Virtual Symposium presentation of “Caring for Our Youngest Athletes: The Drama and the Trauma”
- 2018 – Minnesota Chiropractic Association Leadership Summit presentation on Languages of Appreciation in the Workplace
- 2017- 2018 – Created and presented “Tongue Tie Evaluation and Chiropractic Influence”
- 2017- Northwestern Health Sciences University Grand Rounds Presentation
- 2013 – Minnesota Chiropractic Association Annual Chiropractic Celebration – presentation on Graston Technique
- 2010-present – Adjunct Clinical Faculty, Northwestern Health Sciences University, MN
- 2003-2010 – District 742 Community Education Instructor, St Cloud, MN
- 2005-2010 – Adjunct Faculty Instructor, Minnesota School of Business, St Cloud MN Campus

Sports Medicine Experience:

- 2020 – University of Minnesota Intercollegiate Athletics, Chiropractor
- 2019 – World Sports Games, Tortosa, Spain, FICS Chiropractic Sports Medicine Team
- 2018 – Nitro Circus, Minneapolis, MN, Sports Medicine Team
- 2018 - CrossFit Granite Games, St Cloud, MN, Sports Medicine Team
- 2015 – US Paralympic Track and Field National Championships, St Paul, MN
- 2013 – CrossFit Southwest Regionals, Utah, Sports Medicine Teams
- October 2012 – United States Olympic Training Center, Colorado Springs, Volunteer Rotation
- 2011-2013 – Granite City Renegades Football, St Cloud, MN, Team Physician
- July 2009 – United States Olympic Training Center, Chula Vista, CA, Volunteer Chiropractor
- 2008-2011, 2013, 2016 – Breast Cancer 3 Day Sports Medicine Team, Twin Cities, MN
- 2006-2007 –Minnesota Fightin’ Scots Football, St Cloud, MN, Team Physician
- 2003 –Central Minnesota Thunderbirds Football, Becker, MN, Team Physician,
- 2000-2001 –Ironman World Championships, Kona, HI, Chiropractic Staff

Leadership Experience:

- 2020-2021- Athletic Training Board of Certification, Exam Development Sub-Committee Co-Chair
- June 2019 – Minnesota Chiropractic Association, Education Committee Chair
- June 2018 – Minnesota Chiropractic Association, President
- June 2017- Minnesota Chiropractic Association, 1st Vice President
- June 2016- Minnesota Chiropractic Association, 2nd Vice President
- May 2014-June 2016 – Minnesota Chiropractic Association, Central District Director
- 2013 - present – BOC Exam Development Committee- Item Writer, Mentor
- May 2013 – Local Leaders Panel – Next Monday Coaching Leadercast
- June 2012 – 2013 – Minnesota Chiropractic Association, Central District President
- 2012-2015 – St Cloud Area Chamber Leadership – Criminal Justice Day Chair
- 2012-2016 – St Cloud Area YMCA, Executive Committee
- 2012 – St Cloud Area YMCA, Annual Campaign Chair
- 2011-2012 – St Cloud Area Chamber of Commerce Leadership Program
- 2009, 2011 – CCSP Exam Writing Workshop, ACBSP Symposium
- 2007-2010 – Vice Chair and Chair, St Cloud Area Chamber of Commerce, Golf Committee
- 2007-2016 – St Cloud Area Family YMCA, Board of Directors
- 2003-2007 – Sauk Rapids Jaycees, various board positions

Professional Memberships:

- Minnesota Chiropractic Association
- American Chiropractic Association
- American Chiropractic Association Sports Council
- FICS – International Federation of Sports Chiropractic
- American Chiropractic Board of Sports Physicians
- International Chiropractic Pediatric Association
- Athletic Training Board of Certification, Qualified Examiner
- Athletic Training Board of Certification, Exam Development Committee
- St Cloud Area Chamber of Commerce
- Sartell Chamber of Commerce

Recognition and Awards:

- 2021- Minnesota Monthly, Best Chiropractors Selected by Peers
- 2020- Minnesota Chiropractic Association, Chiropractor of the Year
- 2020 - Minnesota Monthly, Best Chiropractors Selected by Peers
- 2019- Minnesota Chiropractic Association Educator of the Year Award

- 2019- Minnesota Monthly, Best Chiropractors Selected by Peers
- 2018 – Minnesota Monthly, Best Chiropractors Selected by Peers
- 2017 – Minnesota Chiropractic Association President’s Award
- 2016- Nominated for Central Minnesota’s 5 Under 40
- 2015 – Minnesota Monthly, Best Chiropractor
- 2014 – Minnesota Chiropractic Association President’s Award
- 2012 – Minnesota Chiropractic Association President’s Award
- 2012 – Abstract podium presentation “Type and Frequency of Musculoskeletal Complaints Encountered During A Three Day Walking Event”, Co-author, ACBSP Symposium, Portland, OR
- 2012 – Abstract poster presentation, “Management of Chronic Shoulder Pain In A Female Bowhunter”, Sole author, ACBSP Symposium, Portland, OR
- 2005 – Ten Outstanding Young Minnesotans

Professional References Available Upon Request.