

Dr. Russ Hornstein D.C.

PROFILE

30 years of clinical and teaching experience in Chiropractic Neurology. Highly skilled primary care practitioner specialising in the diagnosis and treatment of joint biomechanics and neurophysiological disorders. Creator of the 'Adjusting to Neutral' Chiropractic Technique.

EXPERIENCE

CHIROPRACTIC PRACTICES – 1997-PRESENT

Head doctor for offices in London & Southampton UK 1998-2003, Nassau, Bahamas 2004, Malta 2004-2020, Portugal 2022- present

CEO OF EINSPINE LTD. – 2004–2013

Medical Software for the detection and treatment of Repetitive Strain Injuries.

CEO OF ENIGMED LTD. – 2013–2019

Medical diagnostic software company creating screening and exam protocol apps for medical specialisations.

PRESIDENT OF THE MALTA CHIROPRACTIC ASSOCIATION – 2014 - 2021

Served to promote and integrate Chiropractic care into the health care profession in Malta. Represented Maltese Chiropractors in the ECU (European Chiropractors Union).

CHIROPRACTIC SUB-COMMITTEE TO THE CPCM 2014 - PRESENT

Serve to review and validate applicants seeking to practice Chiropractic in Malta

NEUROLOGY AND CLINICAL REASONING LECTURER – 1994- PRESENT

Taught Neurology club at Logan College for three years while training, Professor at Mc Timoney-Corley and Mc Timoney Chiropractic schools for 5 years, lectured at health conferences, public and medical events, interviews and podcasts.

FOUNDER OF ADJUSTING TO NEUTRAL – 2016 - PRESENT

Out of a quest for bio-mechanically correct and neurologically sound adjusting practices, Adjusting to Neutral was developed as a means to lastingly resolve the effects of joint trauma.

CONTINUING PROFESSIONAL DEVELOPMENT INSTRUCTOR – 2020 - PRESENT

Invited keynote lecturer to the European Chiropractors Union (ECU) conference 2022, Lecturer in the UK, Netherlands, United States, Spain, Germany, Finland and Sweden, teaching clinical reasoning, innovative treatment methodology of musculoskeletal disorders and presentation of new theories in neurological diagnosis.

EDUCATION AND QUALIFICATIONS

Logan College – Bachelor of Science, Human Biology, Pre-Med

Logan College of Chiropractic, St. Louis Missouri – Doctor of Chiropractic 1997

Logan College of Chiropractic Post Graduate, St. Louis Missouri – Chiropractic Neurologist 1997

Neurology Specialisations:

Head and Eye Movement Disorders, Carrick Institute, 2013

Functional Neuro Orthopaedic Rehabilitation, Carrick Institute, 2016

Vestibular Rehabilitation, Carrick Institute, 2019

Achieved National Board of Chiropractic Examiners certification in parts 1-4.

Fully registered Chiropractor with the Malta CPCM (Council for Professions Complimentary to Medicine) 2005- present. Registration number 1/2018

SKILLS

- Adjusting to Neutral Chiropractic technique creator and educator
- Continuing Professional Development Certified International Lecturer in Clinical Reasoning, Neurologic Diagnosis, Biomechanics and Chiropractic therapies.
- Chiropractic Neurologist treating many common and complex joint disorders and neurophysiological issues.
- Researcher in: spinal joint biomechanics, improvements in blood flow to the brain, restoring proprioceptive errors via objective measurement pre and post treatment with common and novel manipulative therapies, AI aided resolution of eye movement disorders as a mechanism to resolve functional brain disorders.