Christine Foss

MD, DC, MSEd, ATC, DACBSP, DACRB, ICSC

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PROFILE

Sports chiropractic physician, certified athletic trainer, and educator with more than 20 years in sports medicine. Founded and directed multidisciplinary clinics in northern New Jersey for over two decades. Medical staff for U.S. Olympic programs, USA Track & Field, The World Games, and the Austrian bobsleigh team. Author of *Dissecting Sports Injuries of the Hip* (Springer Publishing, 2024) and an international lecturer on gait, the kinetic chain, and sports injury. 2020 ACA Sports Council Chiropractor of the Year.

EDUCATION

Doctor of Medicine (MD)
University of Health Sciences Antigua, Antigua and Barbuda

Doctor of Chiropractic (DC)
New York Chiropractic College (now Northeast College of Health Sciences), NY · Phi Chi Omega Honor Society

Master of Science in Education, Sports Medicine
Old Dominion University, Norfolk, VA

Bachelor of Science, Physical Education / Sports Medicine
Montclair State University, Montclair, NJ

LICENSES & BOARD CERTIFICATIONS

- Chiropractic Physician — licensed in New Jersey, New York, and Florida
- Nerve Conduction Studies & Electromyography — Certified
- Diplomate, American Chiropractic Board of Sports Physicians (DACBSP)
- Diplomate, American Chiropractic Rehabilitation Board (DACRB)
- Certified Chiropractic Sports Physician (CCSP)
- International Certificate in Sports Chiropractic (ICSC), FICS
- Certified Athletic Trainer (ATC)
- Acupuncture Board Certification, NBCE
- Musculoskeletal Ultrasound Certification, upper and lower extremity
- SafeSport Trained
- CPR, American Heart Association

PROFESSIONAL EXPERIENCE

Founder, Co-Owner & Clinic Director **2025–present**
Elite Sports and Recovery Center

- Lead a multidisciplinary practice integrating chiropractic, sports injury care, rehabilitation, acupuncture, and movement analysis.
- Train and educate clinical staff.

Faculty
Camera Institute of Chiropractic Science

- Teach assessment, diagnosis, and treatment of the hip, knee, ankle, and foot.

Director of Education and Research **2023–2025**
Foot Levelers

- Lectured to students, faculty, and clinicians at affiliated chiropractic colleges on gait, the kinetic chain, and sports injury.
- Helped develop concepts and direction for academic research projects.

Director & Lead Instructor, Certified Chiropractic Sports Physician Program **2019–present**
Northeast College of Health Sciences (formerly New York Chiropractic College)

- Direct the CCSP postgraduate program and teach its core modules, including sports physician concepts, injury prevention, and lower extremity assessment.

Director of Education **2019–2023**
Fédération Internationale de Chiropratique du Sport (FICS)

- Developed the curriculum for the International Certificate in Sports Chiropractic (ICSC) program and served as its master instructor.
- Trained and taught sports chiropractors internationally.

Founder & Clinic Director **2001–2022**
Advanced Sports Medicine & Physical Therapy Center, Riverdale, NJ

- Built and ran a multidisciplinary clinic offering chiropractic, sports injury care, rehabilitation, acupuncture, and physical and occupational therapy.
- Hired, trained, and educated clinical staff.

Founder & Clinic Director **2005–2022**
Kids Therapy Center, Riverdale, NJ

- Founded a pediatric clinic providing chiropractic, physical therapy, and occupational therapy for children with disabilities and special needs.

Co-Owner & Clinic Director **1995–2001**
Foss Sports Medicine & Chiropractic Center, Towaco, NJ

- Directed a practice combining chiropractic, sports injury care, and rehabilitation.

Co-Owner **1998–1999**
Livingston Chiropractic & Rehabilitation Center, Livingston, NJ

- Co-owned a practice combining chiropractic and rehabilitation.

Lecturer **1997–1998**
Breakthrough Coaching

- Taught physicians HIPAA compliance, practice management, coding, and documentation; lectured on rehabilitation protocols.

Athletic Trainer **1990–1991**
University of Notre Dame, Notre Dame, IN

- Provided athletic training care for NCAA Division I athletes.

Athletic Trainer, Head of Sports Medicine Department
Palm Beach Sports Medicine & Physical Therapy Center, FL

- Ran the sports medicine department: on-field athlete coverage, rehabilitation, and surgical observation.

TEAM & EVENT MEDICAL COVERAGE

Member of the United States Olympic Committee Chiropractic Volunteer Program, 2013, 2014, 2016, and 2017.

2023–2024	Medical Staff, EVO Gymnastics, Sarasota, FL
2023	Medical Staff, USATF Championships, New York, NY
2022	Medical Staff Chiropractor, USATF National Indoor Championships, Spokane, WA
2022	Medical Staff, The World Games, Birmingham, AL
2019	Medical Staff, Austrian Bobsleigh Team, World Cup, Lake Placid, NY

2019	Medical Staff, USATF NACAC U23 Championships, Querétaro, Mexico
2018	Medical Staff, USATF Masters National Championships, Spokane, WA
2017	Volunteer Chiropractic Sports Physician, The World Games, Wrocław, Poland
2017	Volunteer Chiropractic Physician, U.S. Olympic Training Center, Colorado Springs, CO (Dave Schultz Memorial International wrestling tournament)
2016	Volunteer Chiropractic Physician, U.S. Olympic Training Center, Chula Vista, CA
2016	Medical Team, Bobsleigh & Skeleton World Championships, Innsbruck, Austria
2016	Medical Staff, Kellogg's Tour of Gymnastics Champions, PA and NY
2015	Medical Team, Bobsleigh & Skeleton Championship Training Week, Innsbruck, Austria
2013, 2014	Volunteer Chiropractic Physician, U.S. Olympic Training Center, Colorado Springs, CO
2013–2016	Medical Staff, Stand-Up Paddle Marathon, New York (2013, 2014, 2016)
2007–2018	Team Chiropractor, North Stars Gymnastics, Boonton, NJ
1992	Volunteer Athletic Trainer, U.S. Olympic Training Center, Colorado Springs, CO
—	Game preparation, coverage, and on-field injury assessment and treatment, New Jersey Spartans semi-pro football

PUBLICATIONS

Book

- *Dissecting Sports Injuries of the Hip*. Springer Publishing, 2024.

Articles

- "Biomechanics of Movement." *Dynamic Chiropractic*, 2024.
- "The Kinetic Chain of Performance." *The American Chiropractor*, 2024.
- "Functional Assessment for Orthotic Implementation." *Chiropractic Economics*, 2024.
- "Combating Hip Microinstability." *Dynamic Chiropractic*, August 2023.
- "Return to Running." *ANJC Journal*, 2022.
- "Hip Microinstability." *ANJC Journal*, 2022.
- "Bicipital Tendinopathy." *ANJC Journal*, 2021.
- "Movement Analysis and Structural Deviations." *ANJC Journal*, Winter 2020.
- "Origins of Tendonitis and Bursitis in the Shoulder." *ANJC Journal*, Summer 2013.
- "Subacromial Bursitis: Causes, Treatment and Prevention." *ANJC Journal*, Summer 2012.
- "Injury Before the Big Event: Steps in Treating the Athlete." *ANJC Journal*, Summer 2011.
- "Active Rehabilitation." *The American Chiropractor*, vol. 24, 2002.
- "Recovery Strategies for the Pediatric Patient." *The American Chiropractor*.
- "When to Return an Athlete to Play." *Life and Leisure*.

Poster Presentation

- "Shoulder Flexion Limitation and Correlation to Lumbar Pathology." ACBSP Abstract Poster Presentation, April 2013.

INVITED LECTURES & PRESENTATIONS

2026	"The StrongHer," "Assessment of Sports Injuries of the Lower Limb," and "Assessment and Care of Injuries of the Upper Extremity," Florida Chiropractic Association
2026	"From Pain to Performance" and "The Biomechanics of Sports Injury," North Carolina Chiropractic Association
2026	International Certificate in Sports Chiropractic (ICSC) courses, FICS: Las Vegas, NV; Miami, FL; Bern, Switzerland; and Canada
2026	"Treating Sports Injuries," Puerto Rico Chiropractic Conference
2025	International Certificate in Sports Chiropractic (ICSC) courses, FICS: Puerto Rico; Las Vegas, NV; and Miami, FL
2023	Keynote Speaker, Northeast College of Health Sciences Homecoming

2023	Upper Limb Hands-On Module, FICS, Texas
2023	“Upper Limb Injuries in Sport,” ACA Sports Council
2023	“Kinetic Chain Faults,” Nebraska Chiropractic Association
2023	“Injuries of the Lower Limb in Sport,” Kentucky State Chiropractic Association
2021–2022	Upper and Lower Limb Hands-On Modules, FICS: Paris, Switzerland, Madrid, Mexico City, and New Zealand
2020–2022	“Dissecting Sports Injuries,” lecture series in the U.S. and internationally
2020	“Kinematics, Gait and Optimal Performance” (Parts 1–3), Alabama Chiropractic Association (webinar)
2020	“Kinematics, Locomotion, and Assessment of the Lower Extremity,” Australian Chiropractic Association (webinar)
2020	“Dissection and Assessment of Athletic Injuries of the Upper and Lower Extremity,” New York Chiropractic College Homecoming
2020	“Functional and Dynamic Assessment of Athletic Injuries,” ACA Engage, Washington, DC
2020	“Functional and Dynamic Assessment of Spinal Injuries in Athletes,” Eastern Athletic Trainers’ Association, Connecticut
2019	“Functional Movement Assessment to Optimize Performance,” New York Chiropractic College Centennial Panel
2019	“The Journey of the Athlete,” New York Chiropractic College Centennial Homecoming
2019	“Concepts of a Sports Physician,” “Injury Prevention,” and “Assessment of the Lower Extremity,” CCSP Program, New York Chiropractic College
2018	“Functional Foot and Ankle Evaluation for the Athlete and Everyone,” Association of New Jersey Chiropractors (ANJC)
2016	“The Functional Knee,” “The Dynamic Cervical Spine / Concussion Assessment,” and “The Art and Science of Returning an Athlete to Play,” Swedish Chiropractic Council
2015	“Concussion Assessment and Management On and Off the Field,” NJCCSIR
2015	Upper and Lower Extremity Adjusting Technique (assistant instructor), ANJC

Earlier Lectures

- “Functional Movement Analysis and Treatment Protocols of the Athlete” and “Concussion On and Off the Field: Assessment and Protocols,” NJCCSIR
- “Taping and Strapping the Athlete,” NJCCSIR; “Taping Protocols for the Athlete,” ANJC Sports Council
- “The Art and Science of Returning the Athlete to Play,” ANJC Sports Council
- “Injury Recognition and Treatment” and “Treating the Athlete,” North Stars Association of Competitive Gymnastics
- “Knee Injuries: Assessment and Care”
- “HIPAA Compliance,” “Rehabilitation Protocols,” and “Coding and Documentation,” Breakthrough Coaching

HONORS & AWARDS

2023	Excellence in Continuing Education Award, Northeast College of Health Sciences
2023	Outstanding Educator, FICS
2020	Chiropractor of the Year, ACA Sports Council
2015	Distinguished Alumni, New York Chiropractic College

LEADERSHIP & SERVICE

2026–present	Content Development, International Certificate in Sports Chiropractic Program, Fédération Internationale de Chiropratique du Sport (FICS)
2024–present	Board Member, American Chiropractic Rehabilitation Board
2020–2024	Education Chair, FICS
2019	North American Representative, FICS
2016–2018	Exam Writing Workshop, American Chiropractic Board of Sports Physicians

2014–2016	President, Vice President, and Member at Large, ANJC Sports Council on Injury and Rehabilitation (current member)
2011–2018	USA Gymnastics Certified Meet Director
2012–2017	Meet Director, Garden State Classic Gymnastics Competition
—	Past President and Vice President, North Stars Association of Competitive Gymnastics
—	Member, President's Council, New York Chiropractic College

PROFESSIONAL MEMBERSHIPS

- American Chiropractic Association (ACA) and ACA Sports Council
- American Chiropractic Board of Sports Physicians
- American Chiropractic Rehabilitation Board
- Association of New Jersey Chiropractors
- Fédération Internationale de Chiropratique du Sport (FICS)
- Florida Chiropractic Association
- National Athletic Trainers' Association
- USA Track & Field

SELECTED POSTGRADUATE TRAINING

- **Electrodiagnosis:** Electromyography and Neuromuscular Medicine, Harvard Medical School; Electrodiagnostic Medicine Evaluation, Jefferson Medical College; 12-module electrodiagnosis program; advanced and case-based electrodiagnosis, upper and lower extremity (diplomate eligible)
- **Neurology:** Chiropractic Neurology Diplomate Program, Northwestern Health Sciences University
- **Imaging:** Musculoskeletal ultrasound, upper and lower extremity
- **Acupuncture & needling:** Acupuncture certification program; dry needling
- **Movement & rehabilitation:** SFMA Levels 1–2; Neurokinetic Therapy Levels 1–2 (2017); Postural Restoration Institute, Myokinematic Restoration of the Pelvis (2018); FAKTR; Primal Rehab; low-tech rehabilitation; Applied Kinesiology (100 hours); Craniosacral Therapy Level 1
- **Sports medicine:** Concussion evaluation and treatment; emergency procedures and athletic care interventions; knee injuries and assessment; shoulder evaluation and surgical intervention; the athlete's elbow; nutrition for the athlete; metabolic pathways of inflammation; the overweight and obese patient