

Michael J. Covington DC

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Selected Occupational History

Clinic Director, Chiropractor, Soft Tissue Rehab, Yakima WA, 2015

Clinic Director, Chiropractor, Soft Tissue Rehab, Toppenish, WA, 2010-Present

Clinic Director, Chiropractor, Wapato Chiropractic Clinic, Wapato, WA, 2008-2011

Chiropractor, Toppenish Chiropractic Clinic, Toppenish WA, 2008-2010

Clinic Director, Chiropractor, Covington Chiropractic PC, Santaquin, UT, 2000-2008

Chiropractor, Spanish Fork Chiropractic, Spanish Fork, UT, 2000

Education and Licensure

Doctor of Chiropractic, Licensed in the State of Washington, License #CH60022455, 2008-Present

Doctor of Chiropractic, Licensed in the State of Utah, License #284218-1202, 1999-2010

Doctorate of Chiropractic, Palmer College of Chiropractic, Davenport Iowa, 1999

National Board of Chiropractic Examiners, Part IV, 1999

National Board of Chiropractic Examiners, Part III, 1999

National Board of Chiropractic Examiners, Physical Therapy, 1999

National Board of Chiropractic Examiners, Part II, 1998

National Board of Chiropractic Examiners, Part I, 1998

Pre-Chiropractic Studies, Scott Community College, Bettendorf, Iowa, 1995

Pre-Chiropractic Studies, Utah State University, Logan, Utah, 1995

Selected Post-Graduate Education and Certifications

Post Surgical Spine Training

Laser Spine Institute & The American Chiropractic Association, Cincinnati Ohio, Nov. 1015

Applying Cutting-Edge Research to Everyday Practice

Current models of joint dysfunction, disturbed sensorineuromotor control and the natural history of back and neck pain. Joint neurology, pain changed motor programs, and the loss

and restoration of passive and dynamic stability...Current concepts of disturbed brain sensory processing and motor control, aberrant afferent and motor patterns, kinesthetic perception, and full kinetic chain dynamic stability...The latest research on exercise, neuromotor control, core trunk stabilization, local and lobar stability...The latest scientific evidence on chiropractic effectiveness, restoration of function, pain relief, and patient satisfaction...Patient self-reports and objective physical performance tests to evaluate and improve long-term patient outcomes, function and satisfaction...Chiropractic, Exercise and the Brain: Review of functional neuroanatomy of the primary somatosensory and motor cortex, their interactive roles in normal and disturbed sensorimotor function, motor control, kinematics, and load distribution...Update of the newest clinical trials on the effectiveness of spinal adjustments on neck pain, low back pain, and disability, as well as the latest comparative trials of spinal manipulation versus nonsteroidal anti-inflammatory drugs, standard medical care, mobilization, microdiscectomy, and image guided nerve root injections...Educating patients, attorneys, judges, jurors, and medical doctors...Life Chiropractic College West, CA & Washington State Chiropractic Association, WA 2015.

Laser Therapy 104, Introduction to Low Level Lasers

The unique properties of lasers and their clinical applications... Indications and contraindications to cold laser therapy... Parameters and protocols of cold laser therapy...The current body of low level laser therapy clinical research...The advantages and disadvantages of using cold laser therapy... University of Bridgeport, College of Chiropractic, Bridgeport CT, 2015.

Laser Therapy 105, Treating patients with light energy, LASERS, LEDs and UV

Critical properties of laser light and the categories of lasers...Power density and energy density... Factors that affect the depth of penetration of light therapies...Frequencies employed with therapeutic lasers...Physiological mechanisms of light therapy...Contraindications and precautions for the use of low level laser therapy... Continuous wave and super pulsed laser therapy...Application techniques for low level laser therapy...Light emitting diodes...Ultraviolet radiation and the effects of UV light... dosage determination method for UV therapy, MED and E1 - E3...Contraindications and precautions to the use of UV therapy...University of Bridgeport, College of Chiropractic, Bridgeport CT, 2015.

Traffic Crash Reconstruction 1

Basic Equations of Motion...Newton's laws of motion...Weight shift in slowing...Resultant drag factor...Heavy Truck Crash Reconstruction...Braking capabilities...Speed estimates...Roll-over problems...Speed from gear ratios...Conservation of Momentum...Collinear collisions...Oblique collisions...Vector diagrams...Energy...Kinetic energy...Speed estimates from damage...Vehicle collapse and direction of thrust...Additional Considerations...Angle of collision and maximum engagement...Marks on the road...Driver strategy and tactics...The computer in reconstruction... Case Presentation...Testimony...Report writing...exhibits...Case Studies...Opposite-direction collision...Same-direction collision...Single-vehicle collision...Angle collision...Pedestrian collision... Car-train collision...Truck collision...Northwestern University Center for Public Safety, IL, 2014.

Principles of Impairment Rating and Forensic Reporting

The fundamentals of expository, scientific writing...The essential craft of narrative report preparation from A-Z...The application of AMA guidelines in personal injury and forensic practice...Incorporating outcomes assessment and disability instruments into narrative reports...Modern Guidelines and best practices...California University of Health Sciences / Spine Research Institute of San Diego, San Francisco, California, 2014

Medicolegal Fundamentals for Practitioners and Forensic Experts

Essentials of documentation and record keeping...Medical photography...Depositions, arbitrations, and testifying in court...Preparing for the classic cross-examination strategies...Using evidence effectively; models, charts, diagrams, photos, video footage, and computer animations...Daubert and Frye...MIST segmentation, and Colossus...Southern California University of Health Sciences / Spine Research Institute of San Diego, San Francisco, California, 2014.

DynaROM sEMG

Certification in the evaluation of soft tissue injuries...*Differentiating chronic (pre-existing) DynaROM/sEMG findings from acute (proximate cause) DynaROM/sEMG findings...Proper test technique...Test interpretation...Deposition preparation/research citations...Scientific basis for treatment.* Myovision, WA 2014.

Inside the Adjustment, A Fundamental Approach to Chiropractic Mastery

The highest level of treatment based on accurate evaluation. Find and correct spinal segmental dysfunction. Restore impaired nervous system function. Evaluate and fine-tune adjustment techniques. Richard A Gohl, DC Chiropractic Corporation, CA, 2013.

Chiropractic Research: The Year In Review

Review of the most interesting and clinically useful chiropractic-related research published in the last year. Drawing from research from all professions (DC, PT, DO, MD, etc.), the selected articles have been included for review because of their clinical relevance to the practicing chiropractor. National University of Health Sciences, Chicago IL, 2013

Complete Full Sine and Extremity Adjusting Course

How to make rational, diversified spinal and extremity joint manipulations...A comprehensive technique series encompassing palpation, joint play and manipulation of the spine and extremities... Cleveland Chiropractic College, KS & BFF Consultants, Inc., NV 2013.

Spinal Manipulation 101

Review evidenced based research on posture and use for proper adjusting technique...Occupational issues Chiropractors face pertaining to providing manipulative care...Postural issues during provision of manipulative therapy to avoid injury...Common positioning errors during manipulative therapy and develop more appropriate postural performance. University of Bridgeport, College of Chiropractic, Bridgeport CT, 2012.

Spinal Manipulation 102

Aspects of motor skills and forces associated with providing manipulative therapy...Flexibility exercises and proprioceptive exercises to help the practicing Chiropractor avoid injury while providing manipulative therapy...Chiropractic Arch Hand Skills...The supine thenar contact...University of Bridgeport, College of Chiropractic, Bridgeport, CT 2012.

Philosophy 101

Argument analysis, identification of premises and conclusions...Deductive and inductive arguments... Valid and invalid reasoning...Informal fallacies...Cause and effect relationships...University of Bridgeport, College of Chiropractic, Bridgeport CT, 2012.

Physical Modalities 101

Electrical Stimulation to control pain...Pain gate theory...Effect of Electrical Stimulation of Peripheral Nerves on Neuropathic Pain...Wobble board rehabilitation of ankle sprains...Decrease in quadriceps inhibition after sacroiliac joint manipulation in patients with anterior knee pain...Specificity, sensitivity, and predictive values of clinical tests of the sacroiliac joint: a systematic review of the literature... Manipulation after fractures...Therapeutic exercises for lumbar spinal stenosis...University of Bridgeport, College of Chiropractic, Bridgeport, CT 2012.

Spinal Decompression 101

Decompression goals, indications and contraindications of spinal traction and decompression... Responsive patient selection for spinal traction and decompression... Phases of traction and force, traction and hold times...Validity of logarithmic pulls and disc targeting...Ethical behavior for billing and marketing of non-surgical spinal decompression device...University of Bridgeport, College of Chiropractic, Bridgeport CT, 2012.

Spinal Decompression 150

Spinal decompression therapy...Decompression table structure and use...Lumbar Spine Anatomy... Review of published reports of clinical outcomes of decompression therapy...Clinical outcomes of decompression therapy...Spinal decompression table treatment protocols. University of Bridgeport, College of Chiropractic, Bridgeport CT, 2012

Integrative Spine Care Strategies, Clinical Management and Diagnostic Imaging

Updated spine and hip care strategies for patients of all ages, recent advances in imaging with emphasis on key imaging modalities utilized in practice. Strategies for solving common and challenging clinical problems... University of Western States, Portland, OR, 2012.

Concussion Prevention and Education Summit

The latest medical evaluation and assessment on youth sports concussion...Diagnosis and return to play procedure. Yakima County Medical Society, Pacific Northwest University of Health Sciences, Brain Injury Association of Washington, Washington Youth Soccer, Washington State Athletic Trainer's Association. 2011.

Neurodiagnostics, Imaging Protocols and Pathology of the Trauma Patient

Triaging and reporting the clinical findings of the trauma patient...Maintaining ethical relationships with the medical-legal community. CMCS Post-Doctoral Division, New York Chiropractic Council, New York State Department of Education Board for Chiropractic, Long Island, NY, 2011.

Diagnostics, Risk Factors, Clinical Presentation, and Triaging the Trauma Patient

An extensive understanding of the injured patient...Clinically correlating the history and physical examination findings...When to integrate neurodiagnostics...How to utilize emergency room records in creating an accurate diagnosis, and the significance of "risk factors" in spinal injury...CMCS Post-

Doctoral Division, New York Chiropractic Council, New York State Education Department Board for Chiropractic, Long Island, NY, 2011.

Crash Dynamics and Its Relationship to Causality

An extensive understanding of the physics involved in the transfer of energy from the bullet vehicle to the target vehicle...This includes G's of force, newton's laws, gravity, energy, skid marks, crumple zones, spring factors, event data recorder and the graphing of the movement of the vehicle before, during, and after the crash...Determining the clinical correlation of forces and bodily injury. CMCS Post-Doctoral Division, New York Chiropractic Council, New York State Education Department Board for Chiropractic, Long Island, NY, 2011.

MRI, Bone Scan and X-Ray Protocols, Physiology and Indications for the Trauma Patient

MRI interpretation, physiology, history and clinical indications...Bone scan interpretation, physiology and clinical indications...X-ray clinical indications for the trauma patient. CMCS Post-Doctoral Division, New York Chiropractic Council, New York State Education Department Board for Chiropractic, Long Island, NY, 2011.

Neurodiagnostic Testing Protocols, Physiology, and Indications for the Trauma Patient

Electromyography (EMG), Nerve Conduction Velocity (NCV), Somato-Sensory Evoked Potential (SSEP), Visual Evoked Potential (VEP), Brain Stem Auditory Evoked Potential (BAER) and Visual-Electronystagmosgraphy (V-ENG) interpretation, protocols, and clinical indications for the trauma patient. CMCS Post-Doctoral Division, New York Chiropractic Council, New York State Education Department, Board for Chiropractic, Long Island, NY, 2011.

Documentation and Reporting for the Trauma Victim

Accurate documentation and diagnosis utilizing the ICD-9 and the CPT to accurately describe the injury through diagnosis...Understanding and utilizing state regulations on reimbursement issues pertaining to healthcare...CMCS Post-Doctoral Division, New York Chiropractic Council, New York State Education Department, Board for Chiropractic, Long Island, NY, 2011.

Documenting and Clinically Correlated Bodily Injury to Causality

Accurate documentation, diagnosis and clinical correlation to the injury when reporting injuries in the medical-legal community...Documenting kinesiopathology, myopathology, neuropathology, and pathophysiology in both a functional and structural paradigm...CMCS Post-Doctoral Division, New York Chiropractic Council, New York State Education Department, Board for Chiropractic, Long Island, NY, 2011.

Credentials and Clinically Correlating Causality

*The significance of documentation and credentials in the personal injury field, with a focus on clinically correlating causality, bodily injury and persistent functional loss as sequelae...*Academy of Chiropractic Post-Doctoral Division, New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, Long Island, NY, 2011.

Guides to the Evaluation of Permanent Impairment, Sixth Edition, Spine

Application of principals for evaluation of permanent spine impairments, assessment of criteria for differentiators and the emphasis of objective tests in the clinical assessment, evaluation of individual variation and treatment effects in spinal impairment assessment, accounting for the effects of

persistent pain in spine impairments, assessment of simple and complex spine cases according to the Guides principles. American Medical Association, 15th Floor, Suite 15263 515 N State Street, Chicago, IL 60610, Accreditation Council for Continuing Medical Education 515 N. State Street, Suite 1801, Chicago, IL, 2011.

Guides to the Evaluation of Permanent Impairment, Sixth Edition, Pain, Neurology, and Mental Disorders

Application of principals for evaluation of permanent pain impairments, central nervous system impairments, peripheral nervous system impairments, and impairments due to mental disorders, assessment of criteria for differentiators, including functional assessments, and the emphasis of objective clinical tests, physical examination findings, and mental examination findings in the clinical assessment, evaluation of individual variation and treatment effects in impairments due to pain, central and peripheral nervous system disorders, and mental disorders...Selecting the optimal diagnosis when more than one diagnosis can be used to describe a condition. American Medical Association, 15th Floor, Suite 15263 515 N State Street, Chicago, IL, Accreditation Council for Continuing Medical Education 515 N. State Street, Suite 1801, Chicago, IL, 2011.

Guides to the Evaluation of Permanent Impairment, Sixth Edition, Lower Extremities

Application of principals for evaluation of permanent lower extremity impairments, assessment of criteria for differentiators and the emphasis of objective tests in the clinical assessment, evaluation of individual variation and treatment effects in lower extremity impairment assessment, assessment of simple and complex lower extremity cases according to the Guides principles. American Medical Association, 15th Floor, Suite 15263 515 N State Street, Chicago, IL 60610, Accreditation Council for Continuing Medical Education 515 N. State Street, Suite 1801, Chicago, IL, 2011.

Guides to the Evaluation of Permanent Impairment, Sixth Edition, Upper Extremities

Application of principals for evaluation of permanent upper extremity impairments, including hand, wrist, elbows, shoulders, and entrapments, assessment of criteria for differentiators and the emphasis of objective tests in the clinical assessment, evaluation of individual variation and treatment effects in upper extremity impairment assessment, assessment of simple and complex upper extremity cases according to the Guides principles. American Medical Association, 15th Floor, Suite 15263 515 N State Street, Chicago, IL 60610, Accreditation Council for Continuing Medical Education 515 N. State Street, Suite 1801, Chicago, IL, 2011.

MRI History and Physics, Magnetic fields, T1 and T2 relaxations, nuclear spins, phase encoding, spin echo, T1 and T2 contrast, magnetic properties of metals, and the historical perspective of the creation of NMR and MRI. New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post-Doctoral Division, Buffalo, NY, 2011.

MRI Spinal Anatomy and Protocols,

Normal anatomy of axial and sagittal views utilizing T1, T2, 3D gradient and STIR sequences of imaging...Standardized and desired protocols in views and sequencing of MRI examination to create an accurate diagnosis in MRI...New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post-Doctoral Division, Buffalo, NY, 2011.

MRI Disc Pathology and Spinal Stenosis

MRI interpretation of bulged, herniated, protruded, extruded, sequestered and fragmented disc pathologies, their etiology and neurological sequelae in relationship to the spinal cord and spinal nerve roots. New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post-Doctoral Division, Buffalo, NY, 2011.

MRI Spinal Pathology

MRI interpretation of bone, intradural, extradural, cord and neural sleeve lesions...Tuberculosis, drop lesions, metastasis, ependymoma, schwannoma and numerous other spinal related tumors and lesions...New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post-Doctoral Division, Buffalo, NY, 2011.

MRI Methodology of Analysis

MRI interpretation sequencing of the cervical, thoracic and lumbar spine inclusive of T1, T2, STIR and 3D gradient studies to ensure the accurate diagnosis of the region visualized. New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post-Doctoral Division, Buffalo, NY, 2011.

MRI Clinical Application

The clinical application of the results of space occupying lesions... Disc and tumor pathologies and the clinical indications of manual and adjustive therapies in the patient with spinal nerve root and spinal cord insult as sequelae. New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, AACME Joint Sponsorship with the State University of New York at Buffalo, School of Medicine and Biomedical Sciences and CMCS Post-Doctoral Division, Buffalo, NY, 2011.

Whiplash Spinal Trauma and the Personal Injury Case

Pain management, low property damage and injury, documentation, cervical spine instability, independent medical examinations, post traumatic kyphosis and accelerated degenerative joint disease...Apportioning pre-existing conditions and new trauma...Understanding the core cases from the Washington Supreme Court and their impact on chart notes...Recumbent and upright MRIs following whiplash and spinal trauma...Washington State Chiropractic Association, Seattle, Washington, 2011.

Effectively Managing Your Personal Injury Cases

Personal injury and insurance law, liens, current cost containment tools by insurers, and practice tips on how to effectively and successfully manage all aspects of the personal injury case, from start to finish...Washington State Chiropractic Association, Seattle, Washington, 2011.

Certified Auto Safety Trainer

Spine Research Institute of San Diego, San Diego California, 2010

Clinical Documentation and Management of the Personal Injury Patient

Daily soap notes, radiographic procedures, report writing, advanced diagnostic testing, clinical case management, allopathic referrals, passive care, active care, and rehabilitation....American Institute of Personal Injury Physicians, Seattle, Washington, 2010.

Advanced Certification in Biomechanics, Spinal Trauma, and Mild Traumatic Brain Injuries

Spine Research Institute of San Diego, San Diego, California, 2010.

Whiplash, Advanced Topics

Requisite and comprehensive biomechanics knowledge for forensic experts...The reasons whiplash and brain injury are on the rise...Clinical syndromes and conditions resulting from whiplash (WAD/CAD)...Southern California University of Health Sciences / Spine Research Institute of San Diego, San Francisco, California, 2009.

Management Principles in Personal Injury and Forensic Documentation

A comprehensive primer on crash reconstruction...Historical documentation in personal injury and forensic medicine applications...The latest radiographic examination methods and analysis techniques...Southern California University of Health Sciences / Spine Research Institute of San Diego, San Francisco, California, 2009.

Principles of Impairment Rating and Forensic Reporting

The fundamentals of expository, scientific writing...The essential craft of narrative report preparation from A-Z...The application of AMA guidelines in personal injury and forensic practice...Incorporating outcomes assessment and disability instruments into narrative reports...Modern Guidelines and best practices...California University of Health Sciences / Spine Research Institute of San Diego, San Francisco, California, 2009.

Medicolegal Fundamentals for Practitioners and Forensic Experts

Essentials of documentation and record keeping...Medical photography, Depositions, arbitrations, and testifying in court...Preparing for the classic cross-examination strategies...Using evidence effectively; models, charts, diagrams, photos, video footage, and computer animations...Daubert and Frye...MIST, and Colossus...Southern California University of Health Sciences / Spine Research Institute of San Diego, San Francisco, California, 2009.

The Annual Spine Research Institute of San Diego Scientific Conference

Scientific research and publication from the diverse fields of clinical medicine and automotive safety engineering, as well as research coming directly from SRISD and its research affiliate, the Center for Research into Automotive Safety and Health. Southern California University of Health Sciences / Spine Research Institute of San Diego, San Francisco, California, 2009.

Basic Certification in Whiplash and Brain Injury Traumatology

Spine Research Institute of San Diego, San Diego California, 2009.

Rehabilitation of the Cervical Spine,

Integrated education in the science of managing cervical spine disorders...The role of spinal manipulative therapy and structural correction of sagittal cervical lordosis...Logan College of Chiropractic, Chicago, Illinois, 2008.

Neuro-Mechanical Innovations,

Neurophysiological, biomechanical, and clinical advances in chiropractic...Utah Chiropractic Physician's Association, Salt Lake City, Utah, 2005.

The New Era in Whiplash and Spinal Trauma

How to use, record, and report the patient/accident information...Become an expert witness and credible D.C. to both public and chiropractic disciplinary boards. Utah Chiropractic Physician's Association, Provo, Utah, 2003.

Selected Memberships and Positions

The Council on Physiological Therapeutics and Rehabilitation- Current Member

American Chiropractic Association, Current member

Washington State Chiropractic Association, Current member

Brain Injury Association of Washington, 2011

American Institute of Personal Injury Physicians, 2012

Utah Chiropractic Physician's Association, Member, 2000-2008

International Chiropractor's Association, Member 2000-2008

International Chiropractor's Association, Council on Fitness and Sports Health Science, Member, 2003-2004

Selected Honors and Awards

Distinguished and Devoted Service Award, Santaquin City Area Chamber of Commerce, 2004

Ben Franklin Award, AMC, 2004

Bronze Achievement Award, AMC, 2003

Hawk Award, AMC, 2003

A-Plus Achievement Award, AMC, 2002

Selected Teaching/Lecturing

Instructor, Mild Traumatic Brain Injury/Concussion Prevention, Yakima National Little League, Yakima, Washington, 2010

Instructor, Mild Traumatic Brain Injury/Concussion Prevention, Yakima Grid Kids, Yakima, Washington, 2009

Selected Community Service

Santaquin Area Chamber of Commerce, Board Member, Santaquin, Utah, 2003-2004

Santaquin Area Chamber of Commerce, President, Santaquin, Utah, 2002-2003