

Grant Sanders

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EDUCATION

- University of Kentucky Lexington, KY
Ph.D. Exercise Science May 2015
- Dissertation: The effects of spinal manipulative therapy on isokinetic strength and postactivation potentiation
https://uknowledge.uky.edu/cgi/viewcontent.cgi?article=1027&context=khp_etds
- New York Chiropractic College Seneca Falls, NY
Doctor of Chiropractic July 2010
- Levittown Health Center Internship, Long Island, New York
- Baldwin Wallace University Berea, OH
B.A. Fitness Management, Minor in Health Promotion May 2006
- Semester abroad, University of Hull, Exercise Science Program Fall 2004
Kingston-Upon-Hull, England

RECENT EMPLOYMENT

- Sanders Chiropractic and Fitness, LLC Bainbridge Township, OH
Owner April 2018 - Present
- NPI #1225363039
- Active Chiropractic and Wellness Chagrin Falls, OH
Chiropractic Associate April 2016 - December 2017
- Diagnosis, treatment and management of acute and chronic musculoskeletal conditions
 - Customized exercise consultations for patients' health, fitness and sports performance goals
 - Growth and retention of a diverse patient base
 - Monthly marketing and advertising activities
 - Community involvement
 - Chamber of Commerce, Young Professionals Group, various volunteer events
 - Presentations/workshops related to posture, ergonomics and strength and conditioning

PROFESSIONAL POSITIONS

- Wellness Guide, University of Kentucky August 2014 - May 2015
Health and Wellness Program
- Graduate Assistant, University of Kentucky May 2013 - August 2014
Health and Wellness Program
- Teaching Assistant, University of Kentucky August 2012 - May 2013
Department of Kinesiology and Health Promotion
- Clinical Internship, New York Chiropractic College September 2009 - July 2010
Levittown Health Center, Long Island, New York
- Conditioning Instructor, Baldwin Wallace University August 2005 - May 2006
Women's basketball and volleyball teams
- Corporate Fitness Internship, Key Bank Health and Fitness Centers May - August 2005
Cleveland and Brooklyn, Ohio

LICENSURE/CERTIFICATIONS

Ohio Chiropractic License #4554	August 2015 - Present
NSCA Certified Strength and Conditioning Specialist	July 2013 - Present
American Red Cross First Aid/CPR/AED	August 2012 - Present
Kentucky Chiropractic License (Inactive) #5312	October 2011 - Present

AWARDS

Research Grant, Arvle and Ellen Turner Thacker Research Fund University of Kentucky, College of Education	March 2014
Conference Travel Award University of Kentucky, Department of Kinesiology and Health Promotion	February 2013
Ezra Gillis Graduate Tuition Scholarship University of Kentucky, Department of Kinesiology and Health Promotion	August 2010
Libero A. Violini Distinguished Service Award Levittown Health Center, Long Island, New York	July 2010
NYCC Merit Scholarship New York Chiropractic College	August 2006
Partial Tuition Scholarship Baldwin Wallace University	August 2002
Young Professionals Scholarship Willoughby Junior Women's Club	August 2002

MEMBERSHIPS

Chagrin Valley Chamber of Commerce	2016 - Present
National Strength and Conditioning Association	2013 - Present
American Chiropractic Association	2010 - Present
Ohio State Chiropractic Association	2010 - Present

PEER-REVIEWED MANUSCRIPTS

Sanders G, Nitz A, Abel M, Symons T, Shapiro R, Black W, Yates JW.
The effects of lumbosacral manipulation on isokinetic strength of the knee extensors and flexors in healthy subjects: A randomized, controlled, single-blind crossover trial. *Journal of Chiropractic Medicine*. 14(4): 240-248.

ABSTRACTS

2016 Combined Sections Meeting American Physical Therapy Association Anaheim Convention Center, Anaheim, CA Croft E, Nitz A, <u>Sanders G</u> , Bazrgari B Spinal manipulation does not improve balancing performance of healthy individuals on an unstable seat.	February 2016
10 th Annual Spring Conference University of Kentucky Center for Clinical and Translational Science Lexington Convention Center, Lexington, KY Croft E, Nitz A, <u>Sanders G</u> , Bazrgari B Mechanical changes in the lower back following six sessions of spinal manipulation - Preliminary results.	March 2015

RESEARCH POSTER PRESENTATIONS

- 25th Annual Spring Research Conference April 2014
Duke Energy Convention Center, Cincinnati, OH
Sanders G, Nitz A, Abel M, Symons T, Shapiro R, Black W, Yates J.W.
The effects of spinal manipulative therapy on postactivation potentiation:
A pilot study.
- 24th Annual Spring Research Conference April 2013
Hilary J. Boone Center, University of Kentucky
Sanders G, Nitz A, Abel M, Symons T, Shapiro R, Black W, Yates J.W.
The effects of lumbosacral manipulation on isokinetic strength of the knee
extensors and flexors.
- Southeast Chapter of the American College of Sports Medicine February 2013
Hyatt Regency Hotel, Greenville, SC
Sanders G, Nitz A, Abel M, Symons T, Shapiro R, Black W, Yates J.W.
The effects of lumbosacral manipulation on isokinetic strength of the knee
extensors and flexors.