

EDWARD LE CARA

Maximizing Human Potential

📞 (925) 570-4026

✉ ed@edlecara.com

🌐 www.edlecara.com

📍 Dallas, TX



EXPERIENCE

Owner/Clinician

Body Lounge Park Cities

📅 05/2018 - Ongoing 📍 Dallas, TX

Commenced a multi-disciplinary, boutique wellness clinic

- Lead Medical Provider
- Provide Clinical Oversight to MD and NP
- Overseen Growth of 200% year over year

Director of Education

SmartTools Plus

📅 11/2015 - Ongoing 📍 Cleveland, OH

Manufactures rehabilitation tools for health and fitness professionals

- Increased Courses taught from 4 in 2015 to 250 in 2020 Internationally
- Have Personally Taught over 100 courses since 2015
- Developed live and online programming & content (IASATM & Blood Flow Restriction Training)
- Manage a team of over 30 instructors Internationally
- New Product Development Advisement

Adjunct Professor

Rocky Mountain University of Health Professions

📅 08/2014 - Ongoing 📍 Provo, UT

MS in Athletic Training

- Developed online curriculum for soft tissue rehabilitation course

Adjunct Professor

Parker University

📅 05/2019 - Ongoing 📍 Dallas, TX

MS in Human Performance

- Developed and Instruct the Exercise and Health Course
- Developed and Instruct the Exercise Prescription for Special Populations Course
- Developed and Instruct the Advanced Endocrinology & Exercise Course

Director of TransGlobal Education

RockTape

📅 06/2014 - 2016 📍 Los Gatos, CA

Health & Fitness Education & Manufacturing

- Taught over 120 courses from 2012 to 2015
- Increased live courses taught 500% in 3 years
- Managed over 70 instructors internationally
- Co-developed multiple educational courses (FMT I & II, PMT, Special Populations)

EDUCATION

M.B.A. - Transglobal Education

St. Mary's College of CA

📅 09/2013 - 09/2015 📍 Moraga, CA

- Capstone Project included work with an underprivileged University in Mumbai, India and developing curriculum

Ph.D. - Athletic Training

Rocky Mountain University of Health Professions

📅 09/2007 - 12/2012

- Published research on the morphology and function of lumbar multifidus in symptomatic veterans
- Clinical and pedagogy emphasis

D.C. - Doctor of Chiropractic

Palmer College of Chiropractic West

📅 09/1995 - 12/1999

B.S. - Exercise Science

University of California at Davis

📅 09/1991 - 12/1995

- Captain of the Division I Wrestling Team
- Interned as a Strength & Conditioning Coach for women's basketball
- Involved in numerous studies in Exercise Science lab

US ARMY Combat Medic Training

Ft. Sam Houston, TX

📅 06/1993 - 08/1993

- Developed Emergency Action Plans
- Learned techniques and paramedic skills like IV's, Injections, BLS, Fracture Management, Head Injury Management

AWARDS

★ 2011 Clinician of the Year

EXPERIENCE

Athletic Trainer

St. Mary's College of California

📅 2012 - 2014 📍 Moraga, CA

Division I Institution

- Developed ACL Prevention program
- Lead rehabilitation of spine and ACL Injuries
- Oversaw numerous Athletic Trainer's & Strength Coaches
- Worked with women's rowing, basketball, rugby, and lacrosse

VP Sports Science & Human Performance

24 Hour Fitness

📅 08/2011 - 08/2013 📍 San Ramon, CA

A leading health club organization in North America

- Established a wellness clinic in corporate headquarters that saved over \$150,000 in healthcare costs within 9 months
- Provided education and leadership for over 400 personal trainers
- Wrote health and fitness content for over 1M members
- Promoted to VP after 2 years as consultant
- Served on medical advisory board

Chiropractor

Veteran's Administration

📅 11/2009 - 11/2013 📍 Martinez, CA

Worked as the chiropractor in the Integrated Brain Health & Wellness program

- Contributed to starting the 'Get Moving' Program for weight loss counseling through diet and exercise
- Commenced a personal trainer internship program and matched veterans with trainers
- Supervised personal trainers and exercise programming
- Performed original research with radiology (MRI & Ultrasound)
- Commenced an internship program with Palmer College of Chiropractic - West
- Had over \$10,000 of equipment donated to the fitness facility for the veteran's to use

Owner/Clinician

SportsPlus

📅 06/2000 - 07/2014 📍 Pleasanton, CA

A Chiropractic and Athletic Training Sports Medicine company that provided injury treatment in the clinic and medical coverage on the field, court and mat

- Outreach athletic training provided to over 30 teams, programs and clubs
- Employed 15 athletic trainers for outreach programs
- Internships provided for chiropractic students from PCCW
- Provided concussion baseline, treatment and injury management
- Provided CPR/FA training for coaches and parents

AWARDS

🏆 2011 Robert Botterman Award

🏆 2008 Sports Hall of Fame Induction

★ 1995 Army Service Award

PUBLICATIONS

National Academy of Sports Medicine

Corrective Exercise Specialist Certification

Co-Author

📅 2019 🔗 <https://www.nasm.org>

Wrote two modules (thoracic spine/shoulder & Elbow/Wrist) of evaluation and management

Predictors of clinical success with stabilization exercise are associated with lower levels of lumbar multifidus intramuscular adipose tissue in patients with low back pain.

Disability and Rehabilitation

Hebert JJ, Le Cara EC, Marcus RL, Dempsey AR, Hoffman MD

📅 05/2018

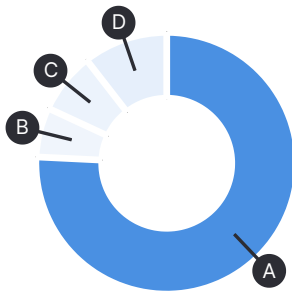
Epidemiology of injuries in men's lacrosse: injury prevention implications for competition level, type of play, and player position

The Physician & Sports Medicine

Barber Foss KD, Le Cara E, McCambridge T, Hinton R, Kushner A, Myer GD

📅 09/2017

MY TIME



- A** Patient Care
- B** Educational Development
- C** Literature Reading
- D** Business Management

CERTIFICATIONS (CON'T)

Board Certified in Sports Medicine

American Chiropractic Board of Sports Medicine, 2002 - Present

Board Certified in Rehabilitation

American Chiropractic Rehabilitation Board, 2012 - Present

Certified Athletic Trainer

Board of Certification, 2004 - Present

Certified Strength & Conditioning Specialist

National Strength & Conditioning Association, 1995 - Present

Licensed Athletic Trainer

Texas Athletic Trainer's Association, 2014 - Present

Functional Dry Needling

Ma Dry Needling, 2014

Medical Acupuncture

International Academy of Medical Acupuncture, 2016

First Aid & CPR Instructor

American Heart Association, 1993 - Present

Selective Functional Movement Screen, SFMA

Functional Movements, 2011

Corrective Exercise Specialist, CES

National Academy of Sports Medicine, 2004

Instrument Assisted Soft Tissue Manipulation

SmartTools Plus, 2014

PUBLICATIONS

Epidemiology of Injuries in Women's Lacrosse: Implications for Sport-, Level-, and Sex-Specific Injury Prevention Strategies.

[Clinical Journal of Sports Medicine](#)

Barber Foss FD, Le Cara E, McCambridge T, Hinton RY, Kushner A, Myer GD

📅 07/2017

Morphology versus function: the relationship between lumbar multifidus intramuscular adipose tissue and muscle function among patients with low back pain.

[Archives of Physical Medicine Rehabilitation](#)

Le Cara EC, Marcus RL, Dempsey AR, Hoffman MD, Hebert JJ

📅 10/2014

Effect of kinesiology taping on pain in individuals with musculoskeletal injuries: systematic review and meta-analysis.

[Physician & Sports Medicine](#)

Montalvo AM, Le Cara EC, Myer GD

📅 05/2014

ACHIEVEMENTS



Military Experience

Serving this great country with amazing men and women



Publishing a Journal Article

Contribution to the scientific and clinical community was a lifelong goal



Earning a PhD

Years of dedication and commitment while still running a busy clinic

CERTIFICATIONS (CON'T)

Functional Movement Screen

Functional Movement Systems, 2007

Intravenous Administration

Army Medical (1993) & IV Academy (2018)

Blood Flow Restriction Training

SmartTools Plus, 2017

Fascial Movement Techniques I & II

RockTape, 2012

Advanced Selective Functional Movement Assessment

Functional Movement Systems, 2012

Advanced Functional Movement Screen

Functional Movement Systems, 2008

Certified Concussion Manager

Impact, 2011

CrossFit Level 1 (CFT-L1)

CrossFit, 2018

INDUSTRY EXPERTISE

Manual Therapy



Exercise Prescription



Content Development



Business Development



FIND ME ONLINE



Facebook

Ed Le Cara



LinkedIn

Edward Le Cara



Instagram

edlecara



Twitter

@edlecara

ACHIEVEMENTS



Helping People Move and Feel Well

Teaching the philosophy that diet and exercise are the greatest source of optimal health and healing