

Matthew S. Cho, D.C., CCSP, DACRB

2358 Plank Road
Fredericksburg, Virginia 22401
540-548-8400
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Employment:

Fredericksburg Total Rehab, Fredericksburg, VA, by Gold's Gym Nov 2007-present
Reston Spine & Rehab, Reston, VA May 1999-Dec 2017
Central Park Total Rehab, Fredericksburg, VA, inside Sport & Health Club June 2003-Dec 2012

CEO, Founder

- Provide care for Professional, World Class, Olympic, Collegiate, and High School level athletes with chiropractic care.
- Utilize Active Release Technique (ART), Graston Technique (GT), Trigenics, exercise and nutritional counseling, rehabilitation protocols to stabilize and coordinate areas of dysfunction.
- Provide on-site treatments at sporting events and other venues.

White Oak Chiropractic Center, Silver Spring, MD July 1997-April 1999

Associate Doctor

- Assisted in the treatment of World Class athletes.
- Provided for the health and well being of patients through chiropractic care including physical and exercise therapy, and nutritional counseling.
- Treated athletes on the field for various injuries during sporting events.

Chamberlain MRC, Hunt Valley, MD Sept 1989-June 1993

Design Engineer

- Technical design, operation, and supervision of engineering department in charge of high speed mail handling machines

Sports Medicine Experience:

29th Winter Universiade, Krasnoyarsk, Russia Feb-Mar 2019
U.S. Olympic Training Center, Colorado Springs, CO October 2017
U.S. Olympic Training Center, Chula Vista, CA March 2016
U.S. Olympic Training Center, Chula Vista, CA July 2015
Stafford 5K Runway Runaway March 2015
Special Olympics Soccer Tournament September 2014
Ironman Triathlon, Augusta, GA September 2012
Ironman Triathlon, Panama City, FL November 2009
U.S. Olympic Training Center, Lake Placid, NY November 2008
Mary Washington University, Fredericksburg, VA 2005-2011

- Work with ATCs to reduce recovery time of athletes

University of Richmond, Richmond, VA 2006-2007
Chancellor High School, Spotsylvania, VA 2004-2006

- Assist ATCs with complex injuries

Virginia Monarchs, Semi-pro football, Team Doctor 2002-2004
25th, 26th, 28th Marine Corps Marathon, Medical Volunteer 2000-2003
Annual VA Youth Soccer Tourn., Volunteer Field Doctor May 2001
Korean-American Sports Association of MD - Sports Chiropractor 1998-2001

- Monthly soccer tournaments
- Biannual National Korean Olympic Games

7th Annual Wash. DC Metro. Korean Soccer Tourn., Rockville, MD August 1999
The 23rd Potomac Valley Games, Alexandria, VA September 1998
6th Annual Wash. DC Metro. Korean Soccer Tourn., Rockville, MD August 1998
Congressional Cup wrestling tournament, American University, DC February 1998
American University - University Sports Chiropractor 1997-1998
5th Annual Wash. DC Metro. Korean Soccer Tourn., Rockville, MD August 1997
American Armwrestling Assoc. National Championships, Crystal City, VA July 1997

Certifications:

2015 FMS Colorado Springs, CO
FMS Level 1 Certified

2013	Trigenics Inst.	Toronto, Canada
Registered Trigenics Physician		
2006	GT	Indianapolis, IN
Certified Graston Technique Practitioner		
2005	ART	Colorado Springs, CO
Certified Active Release Technique Practitioner		
2005	ACRB	Holland, MI
Diplomate of the American Chiro. Rehab. Board		
1998	ACBSP	Estherville, IA
Certified Chiropractic Sports Physician		
1997	AAAI / ISMA	Newhope, PA
Certified Personal Fitness Trainer		
1996	American Red Cross / ACA	Arlington, VA
Certified Protect-Your-Back Instructor		

Education:

1997	New York Chiropractic College	Seneca Falls, NY
Doctor of Chiropractic		
<ul style="list-style-type: none"> • Dean's List, GPA: 3.47 • Academic Tutor for Extremities Anatomy, Neuroanatomy, Diagnostic Radiography classes • Member, NYCC Adjusting Club, Activator Club, Applied Kinesiology Club and Gonstead Club 		
1988	Drexel University	Philadelphia, PA
Bachelor of Science		
<ul style="list-style-type: none"> • Mechanical Engineer 		

Licensure:

Virginia # 0104001813

Continuing Education:

Active Release Technique, Complex Protocols, Lower Extremity, 2017
 FMS Level 1 Certified, 2015
 Active Release Technique, Active Diagnosis Course, 2015
 Active Release Technique, Complex Protocols, 2014
 Trigenics, Full Body, 2013
 Active Release Technique, Nerve Entrapment, 2010
 Active Release Technique, Biomechanics, 2009
 Active Release Technique, Masters, 2008
 Graston Technique, 2006
 Active Release Technique, Full Body, 2005
 International Academy of Medical Accupuncture, 2002
 Southern CA Univ. of Health Sciences, 1998-2002
 Whiplash - The Masters Program, Spine Research Institute, 1997-1998
 MRI and Cervical Whiplash, Yocum & Banks, 1996
 Flexion Distraction, 1995
 Full Spine Adjusting, Neuro-musculoskeletal Institute, 1995
 Biocranial Technique, Robert Boyd, 1995
 Chiropractic Biophysics Seminars, 1995-1996
 Headache: Chiropractic Evaluation & Management, 1994
 Cervical and Thoracic Adjusting, Neuro-musculoskeletal Institute, 1994
 Radiograph Reading, Gonstead, 1994
 Pelvic Bench Adjusting, Gonstead, 1993
 Scoliosis and the Sclerotic Pedicle, Yocum, 1993

Personal and Professional Interests:

Selected as one of "America's Top Chiropractors," by the Consumers' Research Council of Amer., '04, '06
 Lifetime member of the National Registry of Who's Who, ID # 144406
 Freelance medical text reviewer for Simon & Schuster
 Bilingual fluency: Korean, American English, little Spanish

Aspiration:

"To serve with integrity, while using the knowledge and skills God has given to me!"