

CURRICULUM VITAE

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EDUCATION

1983-1987 Doctor of Chiropractic (**D.C.**), Southern California University of Health Sciences*.

1999 Masters of Business Administration (**M.B.A.**), University of Phoenix.

1985 Bachelor of Science (**B.S.**), Southern California University of Health Sciences*.

1983 Associate of Science (**A.S.**), **Pre-Med**, Cypress College.

** Formerly know as Los Angeles College of Chiropractic*

CLINICAL TRAINING

1986-1987 **Internship**

- Whittier Ambulatory Clinic, LACC, Whittier, California.
- Buena Park Doctors Hospital, Buena Park, California.

POSTGRADUATE TRAINING

1987-1988 Diagnostic Radiology, VA Medical Center, Long Beach, California.

1988-1989 Musculoskeletal Radiology (Under Professor Terry Yochum) Post graduate division, Los Angeles College of Chiropractic, Whittier, California.

1993-1997 Postdoctoral training in Orthopedics, Neurology, Occupational Health & Sports Medicine leading to diplomate status, Los Angeles College of Chiropractic.

1996-1999 Seminars in Health Care Management, Managed Care, Radiology of Degenerative and Inflammatory Diseases of Spine, Sunnyvale, California; 1996 – 1999.

LICENSURE

- Chiropractic Physician – State of California, 1988
- Chiropractic Physician – State of Michigan, 1988

BOARD CERTIFICATION

- Diplomate, American Academy of Spine Physician, 2007
- Board eligible Chiropractic Orthopedist, 2000
- Fellow, American Back Society, 1996
- Chiropractic Occupational Health Consultant, 1990
- Postgraduate Diploma, Parker Chiropractic Research Foundation, 1989
- Fellow, International Academy of Clinical Acupuncture, 1988
- National Board of Chiropractic Examiners, 1986

PROFESSIONAL BACKGROUND

- 2007–present Consultant Chiropractic Physician: **Neuron Specialized Center**, Riyadh, Saudi Arabia;
- 2004–present Consultant Chiropractic Physician: **RSAF**, Al-Kharj, Saudi Arabia
- 2002 – 2004 Director: **OptimumCare, Inc.**, San Jose, California;
- 1997 – 2002 Associate Director: **Neck and Back Pain Clinic***, San Francisco, California;
- 1992 – 1996 Private Practice: **Doctors Chiropractic Clinic***, Fountain Valley, CA;
- 1990 – 1991 Clinician / Associate Clinical Professor: **Los Angeles College of Chiropractic** / Outpatient Clinic, Whittier, California;
- 1987 – 1991 Private Practice: **Harvard Family Medical Group***, Fountain Valley, CA
- 1987 – 1989 Private Practice: **Pomona Orthopedic Group***, Pomona, CA;

** Primary care chiropractic physician in group practice including workers' compensation and personal injuries examination, evaluation and treatment.*

CONSULTING WORK

- Royal Saudi Air Force, Riyadh, Saudi Arabia; 2004 – 2007
- Washoe Medical Center, Reno, Nevada; 2001–2003
- University of Nevada at Reno / SNJCC, Reno, Nevada; 2001– 2002
- Foundation Health, Sacramento, California; 1996 – 1997
- Blue Shield of California, Orange, California; 1993 – 1996

PAST POSITIONS

Associate Clinical Professor/Clinician, Teaching chiropractic interns and residents in orthopedics and clinical diagnosis. Monthly Grand Rounds and weekly discussions on chiropractic care and new advances in Diagnostic Imaging and their application in the management of musculoskeletal cases. Assisting resident with reviewing clinical data and literature on chiropractic management of various musculoskeletal cases. Los Angeles College of Chiropractic, 16200 Amber Valley Drive, Whittier, California; June 1990 – 1991

Adjunct Instructor: Teaching clinical practicum, patient management including diagnosis and x-ray interpretation. Los Angeles College of Chiropractic, 16200 Amber Valley Drive, Whittier, California; January 1987 – 1989.

Member, Board of Advisors: Horn of Africa Relief Aide,; a non-profit organization providing emergency aid and medical care to refugees in the Horn of Africa. 2020 Pennsylvania Ave, NW, Washington, DC, 1991–1994

Lecturer: Teaching Health Care Management, Human Behavior and Leadership. University of Nevada at Reno, Nevada.

PROFESSIONAL MEMBERSHIP

- American Academy of Spine Physicians
- American Academy of Pain Management
- American College of Chiropractic Orthopedists
- American Back Society
- American Chiropractic Association
- California Chiropractic Association
- International Academy of Chiropractic Occupational Health Consultants
- Saudi Orthopedic Association

AWARDS & HONORS

- Golden State Award, 1988
- Who is Who in California, 1988
- Outstanding Young Men of America, 1987

CERTIFICATIONS / POSTGRADUATE COURSES

- Parker Chiropractic Research Foundation, Las Vegas, Nevada – January 1987
- Arthritis, Diagnosis & Treatment, Los Angeles, California – July 1989
- Cervical Disc Trauma & Cervicobrachial Disorders, Los Angeles, CA – Aug., 1989
- Upper Cervical & Cranial Disorders, Whittier, California – September 1989
- Diagnosis & Management of Shoulder and Arm, Los Angeles, CA – October 1989
- Preventing Work-related Lower Spinal Disorders, Whittier, California – October 1989
- Pre-employment Exam Procedures, Whittier, California – December 9–10, 1989
- Industrial Hygiene & Occupational Safety for the Chiropractic Physician, Whittier, California – January 13–14, 1990
- Contemporary Issue in Occupational Safety & Health, Whittier, California – February 10–11, 1990
- Ergonomics & Biomechanics of Workers, Whittier, CA – March 10–11, 1990
- Advanced Biomechanical Analysis of Work Activity, Whittier, California – April, 1990
- Preventing Clinical Disorders of Sedentary Workers, Whittier, California – May 1990
- Psychological Stress / Implication of & Medico-legal aspects, Whittier, California June 2–3, 1990
- Rehabilitation & Work Hardening of Injured worker, Whittier, CA – July 1–2, 1990
- Lumbar Degeneration & Anomalies, Whittier, CA – January 1990
- Sprain & Strain of the Lumbar Spine, Los Angeles, CA – February 1990
- Disc & Internal Derangement, Los Angeles, California – March 1990
- Neuroradiology I, San Diego, California – September 1990
- Weakness & Disorder of Muscle, San Diego, California – October 1990
- Neuroradiology II, San Diego, CA – November 1990
- Diagnostic Imaging & Special Studies, San Diego, California – April 1993
- Normal Variation, Anomalies & Trauma of the Spine, Whittier, CA – May 1993
- Arthritic, Metabolic, Endocrine, Nutritional & Vascular Disorders, San Diego, California – June 1993

- Peripheral Vascular Disease & CNS Disorders, Los Angeles, CA – August 1993
- CNS: Infections, Tumors, Demyelinating Conditions, Whittier, CA – September 1993
- Fractures, Immobilization & Rheumatology, Whittier, CA – November 1993
- Exercise Physiology & Rehabilitation I, Whittier, California – February 1994
- Exercise Physiology & Rehabilitation II, Whittier, California – March 1994
- Rehabilitation & Case Management, Los Angeles, California – April 1994
- Disability Evaluation & Impairment Rating, Los Angeles, California – May 1994
- Orthopedic Examination, Costa Mesa, California – September 1994
- Neurological Examination, Costa Mesa, California – October 1994
- Physical Examination, Costa Mesa, California – November 1994
- Skeletal Biomechanics & Chiropractic Theory, Costa Mesa, CA – December 1994
- Diagnostic Imaging Update, American College of Chiropractic Orthopedists (ACCO), Convention, La Jolla, California – February 17–19, 1995
- Trauma, Neurology and the Chiropractic Physician, Las Vegas, NV – Feb., 1995
- Principles of Soft Tissue Injury & Repair, Orlando, Florida – March 1995
- Radiology – MRI, CT, Video fluoroscopy & X-ray Analysis, Las Vegas, Nevada – April 1995
- Electro Diagnostics and SEMG, Orlando, Florida – June 1995
- Clinical Trauma Management; Practical Applications I, Sunnyvale, CA – July 1995
- Clinical Trauma Management Practical Applications II, San Jose, CA – August 1995
- Clinical Trauma Management Practical Application III, San Jose, CA – Sep., 1995
- Practice Protocols, Record Keeping & Patient Examinations, Dallas, TX – Oct. 1995
- Documenting the Effectiveness of Chiropractic Care, Sacramento, CA – Nov., 1996
- Executive Management for the Health Care Professional, Sacramento, CA – March 1997
- Human Relations and Organizational Behavior, San Francisco, CA – May 1997
- Management Ethics & Professional Responsibility, San Francisco, CA – June 1997
- Accident Reconstruction & the Low Speed Impact, San Diego, California.
- California Chiropractic Association, Concord, California – February 1998

- Strategic Management & Planning, San Francisco, California – May 1998
- Financial, Analysis & Planning, San Francisco, California – July 1998
- Advance Marketing Management, San Jose, California – October 1998
- Medical Management and Managed Care, 1998
- Associated Practice Consultants, 1990, 1993, 1996, 1998
- Workers Compensation Reform, 1990, 1993, 1996, 2000
- California Chiropractic Foundation, 1993, 1995, 1996 – 2000, 2001
- Industrial Disability Evaluator, 1995 – 1997, 1999, 2001–2002
- Medical Management in Personal Injury, 1990, 1994, 1996, 1998, 2000
- Parker Chiropractic Research Foundation, 1993, 1995, 1996, 1997
- Radiology of Trauma and Spondylolisthesis, Los Angeles, CA – June 2000
- Diagnosis & Treatment of Degenerative and Inflammatory Diseases of the Spine, Long Beach, California – August 2001
- Symposium on Tumors and inflammatory diseases of the Spine, Los Angeles, California – May 2002
- Basic Life Support (BLS), King Fahad National Guard Hospital, Riyadh, Saudi Arabia – January 2005
- Pre Hospital Trauma Life Support (PHTLS), King Fahad National Guard Hospital, Riyadh, Saudi Arabia – March 2005
- Annual Clinical symposium, Forging New Alliances in Pain Management, American Academy of Pain Management, Orlando, FL – September 7 –10, 2006
- 1st international symposium on Spine Trauma and sports injuries, Saudi Orthopaedic Association, Riyadh, Saudi Arabia – October 2007
- Clinical Update 2008, American College of Chiropractic Orthopedists (ACCO), Convention, Carlsbad, California – April 11–13, 2008

American Academy of Spine Physicians Diplomate Program

Course Name: Assessment of Spinal Cord Injury and Myelopathy (70 CME Credits)

- Assessment of Spinal Cord Injury and Myelopathy (Part I)
- Assessment of Spinal Cord Injury and Myelopathy (Part II)
- Assessment of Spinal Cord Injury and Myelopathy (Part III)
- Electro Diagnostic Assessment of Spinal Cord Injury
- Diagnostic Imaging of Spinal Cord Injury & myelopathy
- Back pain in Children and Adolescents

Course Name: Biology of Spinal Tissues (20 CME Credits)

- Biology of Spinal Tissue (Part I)
- Biology of Spinal Tissue (Part II)

Course Name: Clinical Biomechanics of Spine Trauma (60 CME Credits)

- Biomechanics of Peripheral Nerves and Spinal Nerve Roots
- Clinical Biomechanics of Spine (Part I)
- Clinical Biomechanics of Spine (Part II)
- Clinical Biomechanics of Spine (Part III)
- Clinical Biomechanics of Spine (Part IV)
- Clinical Biomechanics of Spine (Part V)

Course Name: Clinical Biomechanics of Spine: Discs & Ligaments (50 CME Credits)

- Clinical Biomechanics: Discs and Ligaments (Part I)
- Clinical Biomechanics: Discs and Ligaments (Part II)
- Clinical Biomechanics: Discs and Ligaments (Part III)
- Clinical Biomechanics: Discs and Ligaments (Part IV)
- Clinical Biomechanics: Discs and Ligaments (Part V)

Course Name: Clinical Biomechanics of Spine: Vertebrae, Joints & Muscles (50 CME Credits)

- Clinical Biomechanics: Vertebrae, Joints and Muscles (Part I)
- Clinical Biomechanics: Vertebrae, Joints and Muscles (Part II)
- Clinical Biomechanics: Vertebrae, Joints and Muscles (Part III)

- Clinical Biomechanics: Vertebrae, Joints and Muscles (Part IV)
- Clinical Biomechanics: Vertebrae, Joints and Muscles (Part V)

Course Name: Clinical Instability of the Spine (50 CME Credits)

- Clinical Instability of the Spine (Part I)
- Clinical Instability of the Spine (Part II)
- Clinical Instability of the Spine (Part III)
- Clinical Instability of the Spine (Part IV)
- Clinical Instability of the Spine (Part V)

Course Name: Degenerative Disease of the Spine (70 CME Credits)

- Degenerative Disease of the Spine (Part I & II)
- Lumbar Disc Disorders in Children
- Metabolic Bone Disease of the Adult and Pediatric Spine
- Pathomechanisms of Radiculopathy
- Pathophysiology in Myelopathy & Spinal Cord Injury
- Pediatric Kyphosis

Course Name: Physical Mechanism of Spinal Cord Injury (60 CME Credits)

- Physical Mechanisms of Spinal Cord Injury (Part I)
- Physical Mechanisms of Spinal Cord Injury (Part II)
- Physical Mechanisms of Spinal Cord Injury (Part III)

Course Name: Relevant Spinal Cord Anatomy (20 CME Credits)

- Relevant Spinal Cord Anatomy (Part I)
- Relevant Spinal Cord Anatomy (Part II)

Course Name: Spinal Cord Syndromes and Guide to Neurological Levels (20 CME Credits)

- Spinal Cord Syndromes and Guide to Neurological Levels (Part I)
- Spinal Cord Syndromes and Guide to Neurological Levels (part II)

Course Name: Sports Medicine and Neurology (10 CME Credits)

- Minimally Invasive Operative Treatment for Athletes with Spine Injuries

Course Name: Sports Medicine: Lumbar Spine Injuries in Athletes (50 CME Credits)

- Sports Medicine: Lumbar Spine Injuries in Athlete (Part I)
- Sports Medicine: Lumbar Spine Injuries in Athlete (Part II)
- Sports Medicine: Lumbar Spine Injuries in Athlete (Part III)
- Sports Medicine: Lumbar Spine Injuries in Athlete (Part IV)
- Sports Medicine: Lumbar Spine Injuries in Athlete (Part V)

Course Name: Sports Medicine: Peripheral Nerve Injuries in Athletes (50 CME Credits)

- Sports Medicine: Peripheral Nerve Injuries in Athletes (Part I)
- Sports Medicine: Peripheral Nerve Injuries in Athletes (Part II)
- Sports Medicine: Peripheral Nerve Injuries in Athletes (Part III)
- Sports Medicine: Peripheral Nerve Injuries in Athletes (Part IV)

Course Name: Sports Medicine: Cervical Spine Injuries in Athletes (80 CME Credits)

- Sports Medicine: Cervical Spine Injuries in Athletes (Part I)
- Sports Medicine: Cervical Spine Injuries in Athletes (Part II)
- Sports Medicine: Cervical Spine Injuries in Athletes (Part III)
- Sports Medicine: Cervical Spine Injuries in Athletes (Part IV)
- Sports Medicine: Cervical Spine Injuries in Athletes (Part V)
- Sports Medicine: Cervical Spine Injuries in Athletes (Part VI)
- Sports Medicine: Cervical Spine Injuries in Athletes (Part VII)
- Sports Medicine: Spine & Spinal Cord Injuries in Ice Hockey

PUBLICATIONS: ARTICLE and RESEARCH PAPERS

Idris, M, Effects of Exercise on lipid metabolism,

Idris, M, The education of Chiropractic physicians in the United States, 1988

Idris, M, Ergonomics & Chiropractic, a practical approach. Dynamic Chiropractic 1995

Idris, M, What is Modern Chiropractic?

Idris, M, Introduction to Chiropractic medicine, King Faisal Hospital, Clinical Meeting, 2008

Idris, M, Spinal Biomechanics

Idris, M, A closer look at Low Back Pain