

ERIKA K. MENNERICK, D.C.

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EDUCATION

Doctor of Chiropractic, National University of Health Sciences, Lombard, IL.

- Graduation Date: April 16, 2005
- Cumulative GPA: 3.40

Bachelor of Science, National University of Health Sciences, Lombard, IL.

- Graduation Date: April 18, 2003
- Major: Human Biology

Bachelor of Arts, Gustavus Adolphus College, St. Peter, MN.

- Graduation Date: May 27, 2001
- Major: Chemistry
- Minors: Scandinavian Studies (Swedish) and Music (Vocal Performance)
- Cumulative GPA: 3.378

EXPERIENCE

President, Trillium Health & Wellness, S.C. Elburn, IL, June 2005-present.

- Illinois Chiropractic Physician- license #038-010405.
- Wisconsin Chiropractor- license #4780-12.
- Solo clinical practice addressing both musculoskeletal and primary care concerns.

Lecturer, National University of Health Sciences (NUHS), Lombard, IL,

Department of Clinical Sciences, July 2007-present.

- Teach both lecture and hands-on components of a variety of courses.
- Classes taught include:
 - EC6181 "Ambulatory Trauma." October 2009-present.
 - EM6207 "Pediatrics, Geriatrics, and Female Health Issues." Pediatric portion of course. May 2010-present.
 - CP6012 "Extremity Biomechanics & Technique." July 2007-April 2009.
 - CP6013 "Thoracolumbar Biomechanics & Technique." May-August 2009.
 - Various lectures on treating pregnant patients.
 - Participant in death and dying panel. February 2010.

Motion Palpation Institute Instructor, April 2010-present.

- Teach hands-on adjusting skills to students and doctors at post-graduate seminars.

Lincoln College of Postprofessional, Graduate, and Continuing Education, NUHS,

Lombard, IL, June 2008-2009.

- Assist Dr. Terry Elder with adjusting seminars.

Motion Palpation Institute Representative, Lombard, IL, April 2003-June 2004.

- Organize and publicize seminars held at NUHS.
- Teach and lead the Motion Palpation Club at NUHS.

**Teaching Assistant & Tutor, Departments of Anatomy & Chiropractic Practice,
National University of Health Sciences, Lombard, Illinois, September 2002 – March 2004.**

- Assist students with gross anatomy dissections and chiropractic technique.

**Chiropractic Assistant, Chiropractic Medicine and Associates (Drs. William Shelton and
Frank Foreman), Wheaton, Illinois, April 2003-January 2004.**

SKILLS AND CERTIFICATIONS

International Chiropractic Pediatric Association

- Certified in Webster Technique designed to optimize fetal positioning in the pregnant patient since March 2009.

Motion Palpation Institute

- Certified for Motion Palpation Technique, a chiropractic manipulative therapy since 2005.

Graston Technique

- Certified in 2005 for instrument assisted deep soft tissue mobilization.

Sole Supports

- Certified in 2003 for casting and management of correctional orthotics.

American Heart Association Basic Life Support for Healthcare Providers

- Currently certified through April 2014.

Computer Skills

- Proficient with Windows, Microsoft Word, Power Point, Excel, and more.
- Familiar with Lytec and Medisoft Medical Software.
- Business accounting with QuickBooks

HONORS

**Teacher of the Tri/Phase Award, National University of Health Sciences (NUHS),
Fall 2007, Fall 2009, Summer 2010, Fall 2010.**

Dean's List of Students, NUHS, April 2002, August 2003, December 2003.

**Honor Roll of Students for Exemplary Academic Achievement,
NUHS, August 2002, April 2003, April 2004.**

Scholarship Recipient, NUHS, November 2003, June 2004.

PROFESSIONAL AFFILIATIONS

American Chiropractic Association. 2005-present.

Illinois Chiropractic Society. 2003-present.

CONTINUING EDUCATION

*The most significant influences on Dr. Mennerick's practice since chiropractic school have been the books, seminar, and personal conversations with the following doctors:
Russell M. Jaffe, MD, Ph.D., CCN; Alex Vasquez, DC, ND, DO;
Frank Strehl, DC, DABCI; Shawn Allen, DC, DABCO and the Motion Palpation Institute.*

Motion Palpation Institute. "Full Sine Functional Assessment and Treatment," Co-taught with Dr. Corey Campbell. July 16-17, 2011. Lombard, IL

NUHS. "TMJ Rehabilitation." Brett Winchester, DC. April 16-17, 2011.

Motion Palpation Institute. "Mastering Gait." Drs. Campbell, King, Lotus, Winchester. March 26-27, 2011.

Motion Palpation Institute. "Lower Quadrant Functional Assessment." Drs. Winchester, King, and Lotus. November 20-21, 2010.

American Nutrition Association. "Using Nutrition to Optimized Performance and health in Athletes." Julie Burns, MS, RD, CCN. November 4, 2010.

Motion Palpation Institute. "The Disc." Stephen Huffner, DC; Thomas Lotus, DC; Brett Winchester, DC. September 16-17, 2010.

Motion Palpation Institute. "Upper Quadrant Functional Assessment & Treatment," Corey Campbell, DC and Thomas Lotus, DC. July 24-25, 2010.

Motion Palpation Institute. "Full Sine Analysis & Adjustive Technique," Drs. Campbell, Elder, Faye, King, Macchi, Winchester. March 27-28, 2010.

NUHS. "Mastery of Common & Problematic Clinical Disorders," Alex Vasquez, DC, ND. September 26-27, 2009.

NUHS Homecoming. "Leading in Difficult Economic Times," Bob Prosen; "Thriving in 2009," Frank Strehl, DC, DABCI; "A Foundational Health Protocol of Health Optimization & Patient Retention" and "Growing a Successful Practice by Successfully Treating Common & Complex Problems," Alex Vasquez, DC, ND. June 18-20, 2009.

Perque. "Saturday Wellness Series." Four Sessions. Antonio Bifero, DC; Brian McGuckin, DC, DABCI; Frank Strehl, DC, DABCI. April-May, 2009.

International Chiropractic Pediatric Association. "Perinatal Care: Webster Certification," Jeanne Ohm, DC. March 28-29, 2009.

"Injury Diagnosis & Treatment: Low Back," Craig Buhler, DC. September 27-28, 2008.

"Unlocking the Secrets of Gluten Sensitivity," Thomas O'Bryan, DC. September 7, 2008.

NUHS Homecoming. "Unlocking the Mystery of Gluten Sensitivity," Thomas O'Bryan, D.C.; "Chronic Stress: Antagonist to Whole Health," Christopher Mote, DC; "Oxidative Stress:

Identifying & Mitigating a Powerful Disease Promoter,” Fraser Smith, ND; “Integrative Chiropractic Care in Sports & Rehabilitation,” Donald Aspergren, DC; “Models of Integrative Care in Chiropractic,” Matthew Kowalski, DC. June 20-21, 2008

NUHS. “Pediatrics: Infant Assessment & Treatment Techniques,” Kristine Tohtz, D.C. May 31-June 1, 2008.

NUHS. “Pediatrics: Prenatal Care & Webster Technique,” Kristine Tohtz, D.C. March 8-9, 2008.

NUHS Homecoming. “Understanding Key Mechanism of Inflammation: Part I: Neurogenerative Disease, Part II: Prostatic Disease,” (Seaman); “Understanding Key Mechanisms: Part III: Neuromuscular Facilitation,” (Waerlop); “Janda and Beyond: The Future of Rehabilitation,” (Lardner); “Pathologic Movement Patterns in Gait: Using Functional Chains to Diagnose and Treat,” (S. Allen); “New Interventions in Treatment of Chronic Pain: Clinical Integration, Patient Management, Case Reports,” (Vasquez); “Integrative Approach to Clinical Problem Solving,” (6 Speaker Panel). June 22-24, 2007.

“Pitfalls in Pain Management,” Yuan Chen, MD. May 2, 2007.

“Resolving Candida,” Frank Strehl, DC, DABCI. August 30, 2006.

NUHS Homecoming. “Vertigo- Current Examination and Treatment Guidelines for BPPV,” (Joy); “Lumbar Stenotic Syndromes- pathophysiology, Diagnosis & Current Management ,” (Kowalski); “Update to Spinal Stability: Upper and Lower Extremity Integration,” (Fonda). June 24, 2006.

“Emerging Risk Factors for Cardiovascular Health,” Thomas Guillans, PhD and Joel Pins, PhD, LN. May 18, 2006.

NUHS> “Clinical Orthopedics: Shoulder Functional Rehabilitation,” Scott Fonda, DC, DABCO. February 11-12, 2006.

“Understanding Lipoproteins Dyslipidemias,” Thomas Guillans, PhD and Joel Pins, PhD, LN October 27, 2005.

Motion Palpation Institute, “Chiropractic Masters Series,” various instructors, April 30-May 1, 2005.

PERSONAL INTERESTS

Nutrition: Dr. Mennerick values fresh, local, seasonal foods as well as grass-fed meats raised in humane environments. She is associated with several organic farmers in her area. For the past 4 years she has enjoyed a share in a local Community Supported Agriculture (CSA) which in turn provides a weekly box full of fresh vegetables throughout the growing season.

Parenting: Dr. Mennerick is passionate about natural birth, breastfeeding promotion, and gentle parenting.

Fitness: Forrest Yoga, regular practice since September 2002. **Running** since April 2009- races include 5k and 10k distances.

Adventure: **Kayaking, cross country skiing, mountain biking,** cycling, rock climbing, hiking, and camping. PADI Open water SCUBA Diver, certified since 1992 with more than 50 dives.

Music: Plays piano and sings leisurely. Former member of the **St. Charles Singers**, a professional choir, September 2001-April 2003, with the highlight being Beethoven's 9th symphony performed with the Chicago Symphony Orchestra, Dale Wahrland Singers, and the Apollo Chorus of Chicago at the Ravinia Festival 2002. She sang with the **Gustavus Choir** during college and toured South Africa with the group in 2000.

Travel: Speaks Swedish. Travel destinations including Sweden, South Africa, Canada, Mexico and many U.S. sites.