



# Dr. Nikita A Vizniak, BSc, DC

## Professional Medical Educator

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### Profile

- **Top ranked instructor**, 18+ years teaching experience, including curriculum development based on outcome performance from basic anatomy to detailed clinical exams, and critical thinking application
- **Author of 8 bestselling evidence based texts (100,000+ copies sold)** – required reading at colleges and universities around the world
- **Director of Professional Health Systems Inc.** – company dedicated to the creation of leading resources for clinical anatomy, assessment and treatments using multidisciplinary, **evidence based best practices**

### Teaching Experience

University of Western States (1999-2002)      Portland, OR

- Teaching assistant for neuroanatomy, histology, human anatomy, biomechanics/muscle testing, orthopedics, soft tissue mobilization, adjustive technique, physical therapy, minor surgery, and patient practice management
- Development of numerous standardized clinical examination forms

Kaplan Canada Ltd. (2003-2004)      Vancouver, BC

- Instructor for MCAT (pre-medical), DAT (pre-dental), PCAT (pre-pharmacy) standardized admissions tests preparatory courses; topics instructed range from molecular genetics, plant biology, biochemistry, & critical thinking. - Completed Professional Instructor Training program.

WCCMT (2002-2009, 2016-present)      New Westminster, BC

- Musculoskeletal Anatomy 2. clinical integration of anatomy topics including ligaments, muscles, joint, muscle strength, length & function, posture, gait, stretch, strengthen, kinesiology, palpation & exercise rehab.

Boucher Institute of Naturopathic Medicine - BINM (2003-present)

- Chair of Physical Medicine (2010), curriculum design & administration
- Department management of 20+ doctors, therapists & TAs including curriculum delivery and clinic integration (~20% of program content)
- Train, coordinate, and evaluate contract instructors and TAs
- Professor (varies depending on semester) Human Anatomy 1-3, Cadaver Dissection, Physical Medicine 1-3 (soft tissue mobilization, IASTM, orthopath), Osseous Manipulation 1-4, Exercise therapeutics (Lift and Learn, & Yoga) - student mentor, stress reduction & health promotion

## Education

Thomson Rivers University      BSc

University of Western States      DC

- Doctor of Chiropractic
- Honors graduate (cum laude)

## Highlights

Regular student favorite based on performance reviews and board exam scores

Strong interpersonal and motivational skill set for students and practitioners

Task completion oriented with a focus on results based outcomes

Professional yoga instructor, strength training/rehab. and performance coach and amateur jujitsu - focus on improving performance and lowering injury risk

Super dad with 3 daughters, free range chickens, organic orchard and botanical garden

## Awards

Academics Choice Awards (website & textbooks) 2015

Faculty of the Year BINM 2015

Thompson Rivers University 2008 Distinguished Alumni

UWS Outstanding Student 2001

## Publications

**Muscle Manual.** 2018. (432 pages 2000+ images/~250 references).

- Clinical procedure manual for massage therapists, doctors and students
- Topics including musculoskeletal anatomy & kinesiology, posture assessment, gait analysis, differential diagnosis, stretching, strengthening, trigger point referral & muscle testing.

**Clinical Chiropractic.** 2017. (520 pages ~1200 images/2000 references).

- Clinical integration of basic anatomy, orthopedic assessment, regional multidisciplinary condition management
- Clinical procedure manual for therapists, doctors and students

**Spinal Manual.** 2017. (432 pages with more than 1000 images \1200 ref).

- Clinical integration of basic anatomy, orthopedic assessment, regional multidisciplinary condition management
- Clinical procedure manual for therapists, doctors and students

**Extremity Manual.** 2015 (432 pages ~1000 images/~1400 references)

- Clinical procedure manual for physical therapists, chiropractors, massage therapists, doctors and students. Orthopathology of upper and lower extremity

**Physical Assessment.** 2015. (432 pages ~1500 images/~2000 references)

- Clinical procedure manual for doctors, massage therapists and students.
- Topics including history, charting, history, physical exam, orthopedics, neurology, radiology, nutrition.

**Orthopedic Conditions Manual.** 2017. (432 pages ~1500 images/~2000 ref.)

- Condition management manual, broken down by body region, for therapists, doctors and students.
- Over 200 conditions ranging from sprain/strains, disc herniation, and scoliosis to Alzheimer's and depression.

**Physical Medicine.** 2015. (460 pages ~1500 images/~500 references)

- Therapeutic intervention manual for therapists, doctors and students - topics including soft tissue mobilization, PNF, stretch & strengthen, joint mobilization, osseous manipulation, electrotherapeutics, acupuncture, pin & stretch, instrument assisted soft tissue mobilization, rehab exercises & protocols

**Botanical Medicine.** 2017. (432 pages ~1500 images/~200 references.)

- Clinical botanical/nutrition medicine, botanical actions, constituents, pharmacy, monographs, carbohydrates, proteins, fats, fiber, pharmacology and many other topics

## Quote

**'The Muscle Manual is the most useful of any of Travell's Trigger Point Manual, Kendall's Muscle Testing, Musculino's Muscle System, Biel's Trail Guide to the Body, and any Anatomy & Physiology text, all wrapped up in one parcel.'** – *Neil Reid, Myotherapist & acupuncturist, Australia*



## ProHealthsys Seminars & Certifications

### 2012-Present

- Partnership with the RMTBC to deliver - Advanced Clinical Reasoning & Practical Integration seminar series for multidisciplinary integrated patient assessment, treatment, referral and education for AT(C), RMTs, PTs, DCs, DOs, NDs, MDs – with a focus on maintain and improving practice standards
- Applied Cadaver dissections – focus on clinical outcomes & assessment based on a holistic understanding of the body and tissues specific injuries with practical clinical application
- ProHealth Movement Therapies and Yoga teacher certification creating a doctor/therapist level of understanding with a focus on functional movement patterns, anatomy, kinesiology & biomechanics to recognize pathology, pose/stretch modification and promote active living and health for all levels of ability

### 2017 Seminars

- BINM CE – Better Presentations and Productivity – New Westminster BC
- MTAS AGM - IASTM intro, Upper/Lower Extremity Clinical Reasoning – Winnipeg WB
- WCCMT alumni CE – Feb 2017 - IASTM fundamentals (2 day)
- NHPC 2017 National Conference – Advanced Clinical Reasoning – therapeutic assessment – Edmonton AB
  - Low back & SI, Upper back, head & Neck, Shoulder and upper extremity

### 2016 Seminars

- Advance Clinical Reasoning – Therapeutic Assessment
- Low back and SI – Nanaimo, Prince George, Victoria BC, – Winnipeg MB
- Neck, head & upper back – Nanaimo, Prince George, Victoria BC, – Winnipeg MB
- Hip, knee and lower limb – Nelson, New Westminster BC
- Shoulder, upper limb, carpal tunnel – Nelson, New Westminster BC
- Exercise Rehab. – Winnipeg MB
- IASTM intro, core fundamentals 1 & 2 – New Westminster, Victoria, Winnipeg, Portland OR.
- Exercise rehab & Yoga Anatomy, Oahu Hawaii
- RMTBC – AGM 2016 Speaker – Evidence in IASTM

### 2015 Seminars

- Advance Clinical Reasoning – Therapeutic Assessment
- Low back, SI, Neck, head & upper back – New Westminster, Kelowna, Nanaimo, Prince George BC, Winnipeg, MB

2010-present BINM PhysMed Board Exam Review – New Westminster BC

### Quotes

‘Hello Dr. Nik, I think it should be the other way around, I should be thanking you for an amazing seminar! **It was the best experience of my life outside of my children.** Thank you for making such an impact in my life. I'm eternally grateful!’ - Lindsay K. - RMT

‘I just wanted to say that some of our classes have been so powerful. Your ability to humanize conditions and **convey the true meaning of "patient centered care"** has been potent on a deep level... having a deeper understanding and empathy was something that I felt was lacking across the board and it gives me a lot of hope that there will be doctors out there that "get it" – thank you.’ Dr. Kristal R.

“I had the pleasure of attending your class yesterday and I wanted to thank you again. I have not experienced that type of learning environment in a VERY long time. Your love for anatomy and teaching was clear and contagious; the **3 hrs felt more like 30 minutes.**” Pamela T. PT

“I have been in practice for 15 years.. I was pleased to learn quite a few new clinical pearls. **I liked how interactive the class was.** Dr Vizniak was willing to field questions and expand on them as it pertained to the course material. **What I liked in particular was how he engaged the attendees,** making us think through the conditions or tests. I found this not only useful but practical since the reality is when there is a patient in front of you, you have to go through a very similar process: what, why, how etc? I look forward to attending more modules in the future.” Dr. Amanda G.

## Experience

### Private Practice

2005-present Professional Health Systems Inc. Burnaby, BC

- Director of PHS and private consultant for doctors and therapists with more challenging patient cases
- Closed practice & consulting and referral options patients including students, doctors, physical therapists, massage therapists, orthopedic surgeons, naturopathic doctors, former Olympic & elite level athletes
- Medical legal consultant and subject matter expert for medical, chiropractic, naturopathic, physical medicine litigation

2002-2004 Friends for Life Society Vancouver, BC

- Primary care and consulting for patients with HIV/AIDS, hepatitis, cancer and other disabling conditions

2001-2002 Baseline Chiropractic Clinic Beaverton, OR

- Primary care physician private practice treating athletes & patients from OHSU, OSU, PSU, Nike, Intel

### Board Exam Author, Proctor & Patient Simulator

2008-Present Naturopathic Physicians Licensing Examinations

- Board exam question author for basic sciences (anatomy) & clinical sciences (orthopedics, massage, physical therapy, osseous manipulation & diagnostic imaging). BINM clinic exit exam developer & proctor.

2003-2008 Canadian Medical Council - UBC Medical Program

- Patient simulator for UBC Objective Clinical Skills Exam (OSCE) & Canadian Medical Council Licensing Exam.
- Demonstration of Ophthalmic Exam & other Physical Exam Procedures; Orthopedic Procedure Consultant.

2003 Canadian Chiropractic OSCE Calgary, AB

- Proctor for Canadian Chiropractic OSCE.
- Clinical Scenario and Grading Scheme Development.

2002 University of Western States Portland, OR

- Simulator for objective standardized clinical exam (OSCE).
- Simulator for clinical phase classes presenting with illnesses, simulating exam findings, offering qualitative and quantitative feedback and grading performance.



## Professional Anatomy, Assessment and Management Resources for Leading Practitioners, Educators & Students

- **5000+ question test generator**
- PowerPoint presentations
- Regional quizzes & final exams
- 1500+ image bank for quizzes and exams
- Best selling, evidence based physical assessment & orthopathology ebooks
- **Printable blank quizzes to improve retention**
- On-line muscle rapid testing tables
- Full version of Gray's Anatomy (2000 images)
- Printable proctor exams
- Regional exam forms
- **Clinic forms**
- Patient handouts
- **Video...**
  - ✓ Palpation
  - ✓ ROM
  - ✓ Muscle test
  - ✓ Regional orthopedics
  - ✓ Regional body exams
  - ✓ Massage therapy
  - ✓ Joint mobilization
  - ✓ Practical exams

[prohealthsys.com](http://prohealthsys.com)

## Volunteer Activities

- 2011-present Open Gym / Guest Lecture – Glenwood elementary Burnaby
- After school open gym time for kids, lecture for grade 4-7 anatomy sections.
- 2012-2017 City of Burnaby Traffic Safety Committee-Burnaby, BC
- Public member of Traffic Safety Committee
- 2011-2013 BINM Board of Directors New Westminster, BC
- Faculty representative for BINM Board of Directors.
- 2003-present BINM Curriculum Development Committee
- Curriculum development and educational advancement in naturopathic medicine.
- 2002-2004 Friends for Life Society Vancouver, BC
- Treatment of patients with terminal health conditions and their caregivers.
- 2003-2005 Vancouver Aquarium, Conservation Programs
- Volunteer for various community stewardship projects, including tree planning and bird box construction.
- 2003 Burnaby Hospital Cancer Centre Burnaby, BC
- Assist in patient comfort, education and other general volunteer duties.
- 2000-2002 Portland Providence Medical Center ER Portland, OR
- Aid in medical procedures including hip relocations, casting, radiographic readings and physical exams.
  - Assist in patient comfort by providing blankets, phone services and wheel chair assistance.
- 1999-2002 UWS Sport Medicine Club Portland, OR
- Sports Medicine Club Member: patient treatment with soft tissue techniques, massage, stretching at various sporting events, including the Subaru Columbia Gorge Games, Rose City Marathon, and Blue Lake Triathlons.



## Interests

Learning & educational retention/performance, publishing, curriculum design, organic farming, home renovation & construction, wood working, graphic design, archery, photography, continuing education, golf, tennis, floor hockey, weight training, cross fit, MMA/Jujitsu, comparative anatomy, auto restoration, welding/machining, watching documentaries (history of life, Cosmos, anatomy), biking, camping and being a super dad to 3 great kids.

## References

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## Quotes

Honestly in all my years of being taught and being in a classroom environment your class felt like the first class I was 110% awake and fully inspired. It was quite an experience. I haven't always excelled in educational institutes but I honestly feel like if I'd been taught the way you did then I would have. I was completely engaged and actually quite shocked that you were able to make a lesson so fun and inspiring, I don't think I've ever left a class so happy and ready to take on the world. Most teachers do just read off the powerpoint, they speak in the same tone, every now and then they may crack a joke, and a lot of teachers at the College will be like "Guys I know this is a lot but we just have to get through this information" then for the next hour they just read these words out. Your listening so hard but its like the information isn't going in, so then I have to go home and go on You Tube to watch videos and see pictures and to almost teach myself this material. Your class turned everything upside down, and was just the best! Thank you for waking me up and making me realize learning can be fun and that its okay to think outside of the box and to not always go with what we are taught. - **Nayia L. RMT**

"A few lecturers enquired as to why so many students were carrying around the ProHealth Books (especially because they're not on our required reading lists) and we informed them that they should be!! I could say with certainty that if I would be to recommend 1 book to incoming first year students it would be your Physical Assessment text, it would have made the last 3 years a lot easier!" – **Dr. Petra Watson, New Zealand Chiropractic College, New Zealand**

"The Physical Assessment book is great for anyone who is serious about physical examinations and wants to learn the how and the whys rather than just going through the process. The level of detail and description is amazing especially for the joint exams. We used it to great effect in an OSCE training course this weekend for Emergency Medicine Physicians and were able to untangle some of the wilder joint examinations that the candidates were performing." **Dr. Nick Smith, Head of Clinical Skills, Undergraduate Medical Education, CMFT Manchester, UK**

Dr. Vizniak, is one of a kind. Honestly, one of the best teachers that I have encountered in all of my academics. I was so impressed with his research into how students best learn and how he implements this and remodels his teaching accordingly. If only all teachers would do this. His changes mirrored the suggestions that I had found in my research of how to best learn, which was synchronistic and beneficial for me. I learned more from this course than any other anatomy program. He made it enjoyable, fun, engaging and most of all easy to learn and retain things. His ability to read his audience and monitor the pace accordingly is also impressive. He knew when we needed a break, he presented information in a fascinating way (not slides that were overloaded with info), he was always prepared and on time. He truly inspired me to want to learn more, be better and do better. He is literally the school's greatest asset! He knows that cramming information down our throats doesn't foster life long learning. If only the other teachers could learn from him on how to structure their classes and how to present information properly. I truly appreciated the way he conducts his exams as well. It was a true test of how well you knew everything, not just on how well you could memorize. I will miss having him next semester and look forward to having him again in the fall. I encourage the school to have him influence the way the other classes are taught if you want to improve retention rates and student learning and integration. I have the utmost respect for and appreciation for a teacher that is continually remodelling their teaching to aid the students. That is true dedication right there. Most teachers just get into a groove of teaching the same way with the same slides, which doesn't create for an ideal learning environment. I am so glad that he was part of my first semester learning experience'

- **Stephanie Cowie - BA, MEd, CAHP, CNP**

Dr. Nik is in my opinion the single greatest asset Boucher Institute has. His knowledge and teaching abilities far surpass anyone I have encountered in academia before. Boucher should do whatever possible to keep Dr. Nik on staff teaching as many classes as possible – 2017 class review

He was born to do this. I don't think I have ever had an instructor like him. He is so good at teaching and delivering information! I was incredibly impressed!... Dr Nik was a major highlight for this semester and one of the best teachers I have had in my educational career.

'Hello Dr. Nik, I think it should be the other way around, I should be thanking you for an amazing seminar! It was the best experience of my life outside of my children. Thank you for making such an impact in my life. I'm eternally grateful!' - Lindsay Kluthe, RMT

"I had the pleasure of attending your class yesterday and I wanted to thank you again. I have not experienced that type of learning environment in a VERY long time. Your love for anatomy and teaching was clear and contagious; the 3 hours felt more like 30 minutes." **Pamela T.**

"Dr. Vizniak is one of the best professors I have had in my 12 years post high school academic career. I appreciate his passion and knowledge and his real world clinical experience, and his patience with our constant questions. He makes learning easy and exciting"

"Dr. Vizniak makes me want to learn and become the best clinician I can be." - "Dr. Nik understands how much information students can retain from each class and respects it – he is always prepared and entertaining"

"I look forward to every class because I learn so much from it - you have a very keen ability to gauge personalities and traits of your students and you teach uniquely to address ad facilitate personal needs."

'I just wanted to say that some of our classes have been so powerful. Your ability to humanize conditions and convey the true meaning of "patient centered care" has been potent on a deep level... we often learn slide after slide of condition after condition in so many classes and that there is rarely space to think about the person behind the condition because we are too busy learning the "history, signs and symptoms" etc. Not to say that that isn't important...it is vital....but having a deeper understanding and empathy was something that I felt was lacking across the board and it gives me a lot of hope that there will be doctors out there that "get it" – thank you.' Dr. Kristal R.

"I have been a in practice for 15 years. When I looked into Dr Vizniak's seminars, I thought it looked like a good review of musculoskeletal conditions and orthopedic tests. I was not disappointed and was pleased to learn quite a few new clinical pearls. I liked how interactive the class was. Dr Vizniak was willing to field questions and expand on them as it pertained to the course material. What I liked in particular was how he engaged the attendees, making us think through the conditions or tests that were being reviewed. I found this not only useful but practical since the reality is when there is a patient in front of you, you have to go through a very similar process: what, why, how etc? I look forward to attending more modules in the future." **Dr. Amanda G.**

'Dr. Vizniak's texts are a requisite library for chiropractic students and practitioners. These texts are the most compact, complete, logically organized, and easy-to-access resources available.'

**Dr. Thomas Souza, DC** – Author: Differential Diagnosis and Management for the Chiropractor

Dr. Nik is a really good instructor, good volume, enthusiasm, entertaining, knowledgeable. Prepared with many ways of teaching –

Carolyn Brett

Great review and stimulation of new learning! Course is necessary for our profession to keep moving forward with trained practitioners –

S. Piedson

Overall an excellent course, best one I have taken! - Robert Irish

A must for anyone who does sports therapy/message - Eddie Romognoli, RMT

Dr. Nik provides a great balance of practical knowledge, clear communication, and fun/humour in his courses. I'd highly recommend any and all of his courses/workshops - Chris Curran, RMT

One of the best courses I've taken since I started 22 years ago. I feel more confident as a therapist and feel I will last longer in the profession - Rebbah Rodrigues RMT

Well worth the time and money - a "game changer" for my practice. Loved all the anatomy, physiology, and assessment information as well as the techniques - Melissa West, RMT

For me it is a game changer as it is such a pleasure to treat without so much effort on my fingers and body. Love it! - Laruie McEwan

The best course I've taken in 20 years. Able to understand and incorporate into practice with a KNOWLEDGEABLE UNDERSTANDING - Franz F. Sutter, RMT

Dr. Nik's assessment course was a great refresher, reminder, and inspiration to continue to assess patients - Anne Jones, RMT

The ProHealth books are very useful! - Morton Dennis, RMT

Dr. Nik presents at an appropriate level in an entertaining and practical way. He is open to questions and answers all questions in depth - Anne Jones, RMT

Instructor was clear, created a safe environment. He added appropriate humour and was very effective. It was a great course! The information was very relevant and useful! Highly recommended - Susan Rowe, RMT

I found Dr. Nik's extremely information, very personal, and an easy teacher to learn from. I would highly recommend this course to anyone interested in the course material - Mark Bentz, RMT

A Great course! Wish I had this information years ago! - Dave L, RMT