

# William Z. Polsky DC, FACO

## CURRICULUM VITAE

**Office Address:** New Britain Chiropractic  
904 Town Center Office Park  
New Britain, PA 18901  
Tel: 215-340-2797

**Education:** Undergraduate Education:  
Temple University, Bachelor of Arts  
National College of Chiropractic, Bachelor of Science  
Postgraduate Education:  
National College of Chiropractic, Doctor of Chiropractic

**Board Certification:** **Diplomate American Board of Chiropractic Orthopedists**

**Post-Grad. Studies:** Lumbar Disc Conference  
Clinical Evaluative Procedures  
Orthopedic Evaluative Procedures  
Clinical Laboratory Interpretation  
Physiotherapy for the Orthopedist  
Whiplash Injuries  
Disorders of the Cervical Spine  
Disorders of the Thoracic Spine, Lumbar Spine, Pelvis and Hip  
Disorders of the Upper Extremity  
Disorders of the Lower Extremity  
Dynamic Principles of Chiropractic  
Disability and Impairment Rating

### Correlative Orthopedic Review

Clinical Neurology  
Diagnostic Imaging and Bone Diseases  
Fractures, Immobilization and Bracing  
Soft Tissue Rehabilitation in the Cervical Spine and Upper Quarter  
Diagnosis & Rehabilitation for Whiplash, Vertigo & Headache  
Rehabilitation of Common Athletic Injuries  
Practical Approach to Functional Assessment of the Low Back  
Diagnosis, Functional Evaluation & Rehab. of Upper Extremity Disorders  
Clinical Biomechanics of the Lumbar Spine/Post-Surgical Spinal Rehab.  
Clinical Application of the McKenzie Approach to Spinal Disorders  
Diagnosis, Classification, & Rehab Protocols for Spinal Disorders  
The Foot & the Spine: Functional Perspective on Closed Chain Kinematics  
Manipulative Therapy for Key Transitional Joints of Spine & Upper Quarter  
Myofascial Trigger Point Therapy: The Swiss Approach ( J.G. Travell, MD)  
Advanced Myofascial Pain Workshop: Head, Face, Neck, & Shoulder Pain  
Manipulation & Rehabilitation: Functional Pathology of the Motor System  
Evaluation & Treatment of Muscle Imbalance  
Soft-Tissue and Post-Isometric Relaxation Techniques I

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***Post-Grad. Studies:*** Spinal Stabilization Training I  
Spinal Stabilization Training II  
Documentation, Outcomes & Functional Testing  
Posture, Gait & Sensory-Motor Training  
Soft Tissue and Post-Isometric Relaxation Techniques II  
Blending Active & Passive Care: Case Management  
The Biopsychosocial Approach for Chronic Pain Syndromes  
Advanced Strength Training in Athletes & Sports Specific Training  
Advanced Myofascial Pain Workshop: Lower Back, Pelvis, & Hip Pain  
McKenzie Protocols of the Cervical and Thoracic Spine  
Orofacial Rehabilitation & Temporomandibular Disorders  
Integration of OMT & PNF for the Foot, Ankle & Knee  
Integration of OMT & PNF for the Hip & Pelvis  
Post-Isometric Relaxation Techniques for the Upper Quarter & CT Region  
Advanced Spinal & Abdominal Training  
Post-Isometric Relaxation Techniques for the Lower Quarter & LP Region  
Nutritional Considerations in Rehabilitation/Pain Management  
Research Methods & Critical Appraisal of the Literature  
Case Report Preparation  
Chiropractic Manual Therapy of the Upper & Lower Quarters  
McKenzie Protocols of the Spine  
Advanced Functional Extremity Training  
Dynamic Analysis, Treatment and Rehabilitation of Movement Disorders  
Chiropractic Research: The Year in Review

***Certification:*** Certified in Disability Evaluation and Impairment Rating  
Adjunctive Procedures -Commonwealth of Pennsylvania  
Level I Certification with the American Chiropractic Rehabilitation Board  
Level II Certification with the American Chiropractic Rehabilitation Board  
Level III Certification with the American Chiropractic Rehabilitation Board

***Memberships:*** American Chiropractic Association  
Pennsylvania Chiropractic Association  
Fellow of the Academy of Chiropractic Orthopedists

***Employment History:*** 1977-Present - Private Practice

***License Held:*** Doctor of Chiropractic-Commonwealth of Pennsylvania  
Adjunctive Procedures-Commonwealth of Pennsylvania