

EDWARD LE CARA

Maximizing Human Potential

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📍 Dallas, TX



EXPERIENCE

Owner/Clinician

Body Lounge Park Cities

📅 2018 - Ongoing 📍 Dallas, TX

Commenced a multi-disciplinary, boutique wellness clinic

- Secured lease and funding
- Profitability within 2 months
- Lead Medical Provider

Director of Education

Smart Tools Plus

📅 2016 - Ongoing 📍 Cleveland, OH

Manufactures manual therapy tools for health and fitness professionals

- Increased Courses taught from 4 in 2015 to 160 in 2018 Internationally
- Developed live and online programming & content (IASATM & Blood Flow Restriction Training)
- Managed a team of over 30 instructors Internationally
- New Product Development Advisement

Professor

Rocky Mountain University of Health Professions

📅 2014 - Ongoing 📍 Provo, UT

Accredited University that offers healthcare degrees

- Developed online curriculum for soft tissue rehabilitation course

Director of Trans Global Education

RockTape

📅 2014 - 2016 📍 Los Gatos, CA

Health & Fitness Education & Manufacturing

- Increased live courses taught 500% in 3 years
- Managed over 70 instructors internationally
- Co-developed multiple educational courses (FMT I&II, PMT, Special Populations)

VP Sports Science & Human Performance

24 Hour Fitness

📅 2011 - 2013 📍 San Ramon, CA

A leading health club organization in North America

- Established a wellness clinic in corporate headquarters that saved over \$150,000 in healthcare costs within 9 months
- Provided education and leadership for over 400 personal trainers
- Wrote health and fitness content for over 1M members

EDUCATION

M.B.A. - Transglobal Education

St. Mary's College of CA

📅 2013 - 2015 📍 Moraga, CA

- Capstone Project included work with an underprivileged University in Mumbai, India and developing curriculum

Ph.D. in Athletic Training

Rocky Mountain University of Health Professions

📅 2007 - 2012

- Published research on the morphology and function of lumbar multifidus in symptomatic veterans

D.C. - Doctor of Chiropractic

Palmer College of Chiropractic West

📅 1995 - 1999

B.S. - Exercise Science

University of California at Davis

📅 1991 - 1995

- Captain of the Division I Wrestling Team
- Interned as a Strength & Conditioning Coach for women's basketball
- Involved in numerous studies in Exercise Science lab

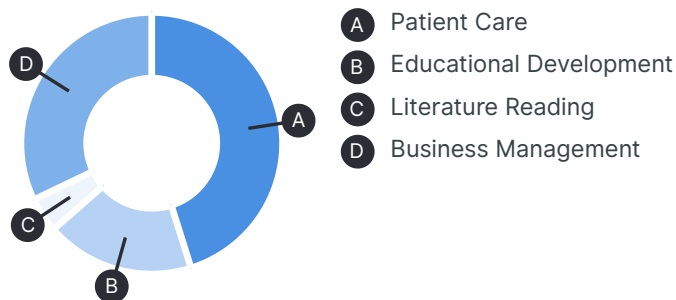
ARMY Combat Medic Training

Ft. Sam Houston, TX

📅 1993

- Developed Emergency Action Plans
- Learned techniques and paramedic skills like IV's, Injections, BLS, Fracture Management, Head Injury Management

MY TIME



CERTIFICATION

Board Certified in Sports Medicine

American Chiropractic Board of Sports Medicine, 2002

Board Certified in Rehabilitation

American Chiropractic Rehabilitation Board, 2012

Certified Athletic Trainer

Board of Certification, 2004

Certified Strength & Conditioning Specialist

National Strength & Conditioning Association, 1995

Licensed Athletic Trainer

Texas Athletic Trainer's Association, 2014

Functional Dry Needling

Ma Dry Needling, 2014

Medical Acupuncture

International Academy of Medical Acupuncture, 2016

First Aid & CPR Instructor

American Heart Association, 1993 - Present

Selective Functional Movement Screen, SFMA

Functional Movements, 2011

Corrective Exercise Specialist, CES

National Academy of Sports Medicine, 2004

Instrument Assisted Soft Tissue Manipulation

Smart Tools Plus, 2014

AWARDS

★ 2011 Clinician of the Year

🏆 2011 Robert Botterman Award

🏅 2008 Sports Hall of Fame Induction

★ 1995 Army Service Award

PUBLICATIONS

Predictors of clinical success with stabilization exercise are associated with lower levels of lumbar multifidus intramuscular adipose tissue in patients with low back pain.

Disability and Rehabilitation

Hebert JJ, Le Cara EC, Marcus RL, Dempsey AR, Hoffman MD

📅 05/2018

Epidemiology of injuries in men's lacrosse: injury prevention implications for competition level, type of play, and player position

The Physician & Sports Medicine

Barber Foss KD, Le Cara E, McCambridge T, Hinton R, Kushner A, Myer GD

📅 09/2017

Epidemiology of Injuries in Women's Lacrosse: Implications for Sport-, Level-, and Sex-Specific Injury Prevention Strategies.

Clinical Journal of Sports Medicine

Barber Foss FD, Le Cara E, McCambridge T, Hinton RY, Kushner A, Myer GD

📅 07/2017

CERTIFICATION

Functional Movement Screen

Functional Movement Systems, 2007

Intravenous Administration

IV Academy, 2018

Blood Flow Restriction Training

Smart Tools Plus, 2018

Fascial Movement Techniques I & II

RockTape, 2012

Advanced Selective Functional Movement Assessment

Functional Movement Systems, 2012

Advanced Functional Movement Screen

Functional Movement Systems, 2008

Certified Concussion Manager

Impact, 2011

CrossFit Level 1 (CFT-L1)

CrossFit, 2018

INDUSTRY EXPERTISE

Manual Therapy



Exercise Prescription



Content Development



Business Development



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@drlecara

PUBLICATIONS

Morphology versus function: the relationship between lumbar multifidus intramuscular adipose tissue and muscle function among patients with low back pain.

Archives of Physical Medicine Rehabilitation

Le Cara EC, Marcus RL, Dempsey AR, Hoffman MD, Hebert JJ

10/2014

Effect of kinesiology taping on pain in individuals with musculoskeletal injuries: systematic review and meta-analysis.

Physician & Sports Medicine

Montalvo AM, Le Cara EC, Myer GD

05/2014

MOST PROUD OF



Military Experience

Serving this great country with amazing men and women



Publishing a Journal Article

Contribution to the scientific and clinical community was a lifelong goal



Earning a PhD

Years of dedication and commitment while still running a busy clinic



Helping People Move and Feel Well

Teaching the philosophy that diet and exercise are the greatest source of optimal health and healing