

SARAH TIRIMACCO

DOCTOR OF CHIROPRACTIC

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PROFILE SUMMARY

Dedicated and experienced Doctor of Chiropractic with a passion for women's health and extensive knowledge of prenatal and postpartum complaints, including pain management, pelvic floor dysfunction, rehabilitation and athletics. In addition, I am a dynamic and results-driven professional with significant experience in business development and practice management.

SKILLS

Areas of Expertise

Excellent Communication
Business Development

Team Leadership
Teamwork

Public Speaking
Strategic Planning

Time Management
Mentorship

Technical Skills

Diversified Technique
Women's Health

Prenatal Care
Postpartum Care

External Pelvic Floor Assessment & Treatment
Female Athletes

PROFESSIONAL EXPERIENCE

OWNER

ChiroClarity | February 2024 - present

- Business consulting for chiropractic practice owners or associate doctors. Services include: 1-on-1 Single Session Consulting, 1-on-1 Consulting and New Graduate Consulting. Please visit the ChiroClarity website to learn more about how our services can help you build strategies from the ground up that will allow you to succeed for years to come.

INSTRUCTOR

Northeast College of Health Sciences | January 2024 - present

- Created and recorded virtual continuing education courses relevant to the continuing education of chiropractors and other healthcare professionals offered through the Frank J. Nicchi School of Continuing Education at Northeast College of Health Sciences.
 - Chiropractic Manipulation and Various Soft Tissue Techniques
 - Recovery and Rehabilitation in a Chiropractic Setting
 - Rehabilitative Exercise for NMSK Complaints in Pregnancy
 - Returning to Exercise: Strength Training & Endurance
 - Treatment Plan Development in Pregnancy
 - Treatment Plan Development in the Postpartum Period

INSTRUCTOR

Logan University | October 2023 - present

- Responsible for the development of virtual courses relevant to the continuing education of chiropractors and other healthcare professionals.
 - The Evolution of Pelvic Floor Management in a Chiropractic Setting
 - Postpartum Recovery and Rehabilitation in a Chiropractic Setting
 - Returning to Exercise Postpartum
 - A Rehabilitative Approach to NMSK Complaints in Pregnancy and Postpartum

DOCTOR OF CHIROPRACTIC | CO-OWNER

Pinnacle Hill Chiropractic | December 2015 - present

- Provide high quality chiropractic care to patients.
- Lead a team consisting of 4 Associate Doctors of Chiropractic, 3 Licensed Massage Therapists and 5 office staff members.
- Lead weekly staff meetings including, the Leadership Team Meeting, Caseload Building Meeting & Clinical Skills Meeting.
- Make final decisions regarding business operations, marketing and overall patient experience.

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DOCTOR OF CHIROPRACTIC | CO-OWNER

Peak Chiropractic of Rochester | December 2014 - December 2015

- Provided high quality chiropractic care to patients.
- Director of Marketing & Patient Experience.
- Assisted my business partner with billing and insurance procedures.

EDUCATION

EXECUTIVE MBA | Quantic School of Business and Technology, Washington, DC Anticipated Graduation: May 2025

MINI-MBA: CLINICAL PROFESSIONAL ENTREPRENEURSHIP | York University, Toronto, ON

DOCTOR OF CHIROPRACTIC | New York Chiropractic College, Seneca Falls, NY

BACHELORS OF ARTS - HONORS IN KINESIOLOGY | Western University, London, ON

AFFILIATIONS

ACA CHIROPRACTIC SPORTS COUNCIL February 2024 - present
Member

ACA COUNCIL ON WOMEN'S HEALTH May 2023 - present
Member

AMERICAN CHIROPRACTIC ASSOCIATION April 2023 - present
Member

INTERNATIONAL CHIROPRACTIC PEDIATRIC ASSOCIATION November 2014 - present
Member

NEW YORK STATE CHIROPRACTIC ASSOCIATION September 2011 - present
Member

SPEAKING ENGAGEMENTS

THE EVOLUTION OF PELVIC FLOOR MANAGEMENT IN A CHIROPRACTIC SETTING Anticipated: October 2024
Northwestern Health Sciences, Webinar

A REHABILITATIVE APPROACH TO NMSK CONDITIONS IN PREGNANCY & POSTPARTUM Anticipated: September 2024
Alumni Weekend, Northeast College of Health Sciences, Seneca Falls, NY

POSTPARTUM RECOVERY & REHABILITATION IN A CHIROPRACTIC SETTING Anticipated: September 2024
Northwestern Health Sciences, Webinar

WOMEN IN WEIGHTLIFTING June 2024
New York State Chiropractic Association, Webinar

THE EVOLUTION OF PELVIC FLOOR MANAGEMENT IN A CHIROPRACTIC SETTING May 2024
Northwestern Health Sciences, Webinar

THE EVOLUTION OF PELVIC FLOOR MANAGEMENT IN A CHIROPRACTIC SETTING April 2024
New York State Chiropractic Association Spring Convention, Uncasville, CT

THE EVOLUTION OF PELVIC FLOOR MANAGEMENT IN A CHIROPRACTIC SETTING October 2023
Symposium on Women's Health, Logan University, Chesterfield, MO

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PREGNANCY & EXERCISE Babies & Bumps, Rochester, NY	June 2023
THE EVOLUTION OF MUSCULOSKELETAL CARE IN WOMEN'S HEALTH Rochester Regional Health OB/GYN Grand Rounds, Rochester, NY	November 2022
SUPPORTING YOUR BUMP Babies & Bumps, Rochester, NY	June 2022
CHIROPRACTIC CARE & WOMEN'S HEALTH Rochester Regional Health In-Service, Rochester, NY	November 2019
CHIROPRACTIC CARE & WOMEN'S HEALTH Strong Memorial Hospital Birth Center Retreat, Rochester, NY	November 2019

COMMUNITY INVOLVEMENT

DREAMS FROM DRAKE Board Member & Chair of the Gift Giving Committee	May 2022 - present
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PROFESSIONAL DEVELOPMENT

PART B: MDT - CERVICAL & THORACIC SPINE The McKenzie Institute USA, Syracuse, NY	Anticipated: October 2024
LOWER EXTREMITY LEVEL 1 Active Release Techniques®, Toronto, ON	June 2024
PART A: MDT - LUMBAR SPINE The McKenzie Institute USA, Syracuse, NY	May 2024
PERINATAL MANUAL CARE Gestalt Education, Annapolis, MD	October 2022
EXTREMITY MANAGEMENT ICE Physical Therapy, Rochester, NY	March 2022
CLINICAL MANAGEMENT OF THE FITNESS ATHLETE: PREGNANCY & POSTPARTUM ICE Physical Therapy, Hendersonville, TN	February 2022
CESAREAN BIRTH: THE ROLE OF PHYSIOTHERAPY IN PREPARATION & RECOVERY Pelvic Health Solutions, Online	October 2021
NON-INTERNAL INTRODUCTORY PELVIC FLOOR COURSE Pelvic Health Solutions, Online	September 2021
THE RUNNING ATHLETE Pelvic Health Solutions, Online	August 2021
CERVICAL SPINE MANAGEMENT ICE Physical Therapy, Rochester, NY	August 2021
DIASTASIS RECTUS ABDOMINIS AND THE IMPLICATIONS FOR LOW BACK AND PELVIC HEALTH Pelvic Health Solutions, Online	April 2021

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LUMBAR SPINE MANAGEMENT

ICE Physical Therapy, Rochester, NY

November 2020

THE PELVIC FLOOR PISTON: FOUNDATION FOR FITNESS

Julie Wiebe, PT, Online

April 2020

POSTPARTUM REHABILITATION

Herman & Wallace Pelvic Rehabilitation Institute, Washington, DC

March 2020

DNA BASIC COURSE A

Rehabilitation Prague School, Toronto, ON

October 2018