



NATHAN CASHION

DC, MSESS, CCSP®



BIO

I am a sports chiropractor with wide ranging interests from dance medicine to wilderness medicine, including functional training & (p)rehab, spinal pain, acupuncture, and manual therapies. Recently, my interests have expanded to effective altruism, global health, and social determinants of health.

In my personal life, I am a husband and father of 2, trail runner, podcaster, and avid reader.

EDUCATION

University of Western States - Portland, OR
Doctor of Chiropractic, March 2016
MS Exercise & Sport Science

Brigham Young University - Provo, UT
BS Exercise Science, December 2010
Minor in Ballroom Dance

LANGUAGE

English - native

Portuguese - conversational

Spanish - novice

EXPERIENCE

Director of Communications, World Spine Care | 2014-Present

World Spine Care is a multinational not-for-profit, charitable organization founded to fill the profound gap in the evidence-based treatment of musculoskeletal and especially spinal conditions found in under-served areas around the world. I manage the website, social media, e-mail newsletters, and consult on a variety of other projects.

Host, Exploring Chiropractic Podcast | 2014-Present


I host and produce a podcast directed to prospective and current chiropractic students with over 50 episodes of interviews with practicing chiropractors and current students.

Adjunct Instructor, Black Hills State University | August 2019-March 2020

Black Hills State University is a liberal arts university located near the Black Hills in Spearfish, South Dakota. I taught undergraduate courses in the Department of Exercise Science, including Anatomy & Physiology, Fitness Assessment, Biomechanics, and Theory of Strength & Conditioning.

Dance Instructor, Gotta Dance Rapid City | July-October 2017

As a former ballroom dancer, I provided group and private dance lessons as well as DJed for weekly social dance events.





EXPERIENCE

Co-Owner, LatitudeNW; Portland, OR | June 2016-November 2018

I co-founded a vacation relief service for Portland, OR & Vancouver, WA. We provided vacation relief for multiple clinics with Worker's Comp, Personal Injury, and private insurance cases.

Chiropractor, Natural Family Health Clinic; Portland, OR | November 2016-June 2017

I treated patients in private, independent practice within a naturopathic clinic. My focus was on rehab & functional movement. I collaborated with the naturopathic doctor and staff.

Southern Nevada VA Health System, North Las Vegas, NV | January-March 2016

Under the supervision of a resident chiropractor, I assessed, diagnosed, and treated musculoskeletal conditions in veteran outpatients. I also participated in rotations (observation and assistance) with medical doctors, acupuncturists, physical therapists, and kinesiotherapists.

Sports Medicine Intern, University of Western States; Portland, OR | January 2015-January 2016

I treated high school and pre-professional athletes, coaches, staff, under the supervision of sports medicine chiropractic residents. We attended sporting events for basketball, baseball, softball, wrestling, track & field, soccer, tennis to provide sideline and emergency care. We provided primary medical care at local community events & races.

Chiropractic Intern, University of Western States; Portland, OR | January 2015-January 2016

I assessed, diagnosed, and treated students & staff in the UWS Campus Health Clinic under the supervision of Dr. Aaron Montgomery.

A/V Support & Social Media Intern, University of Western States; Portland, OR | 2014-2016

I worked with Tom Olsen to provide A/V services for the campus classrooms. I also helped the Communications Department create social media and blog content.

Tech & Media Specialist, Utah Personnel Development Center; Salt Lake City, UT | January 2011-December 2012

I assisted with presentation design for special education teacher training provided by a not-for-profit subsidiary of the Utah Department of Education. I filmed & edited interviews, seminars, events, lectures, and short films. I trained staff in technology skills, provided IT support, and managed over 100 devices (laptops, tablets, phones).

Professional Ballroom Dancer & Instructor, Ballroom Utah; Salt Lake City, UT | 2011-2013

I competed on the national professional American Smooth circuit. I also instructed group and private dance lessons.

References Available Upon Request.





PROFESSIONAL CERTIFICATIONS & MEMBERSHIPS

Certified Chiropractic Sports Physician[®], American Board of Chiropractic Sports Physicians

Registered EMT (NREMT)

Wilderness First Responder (exp. 2019)

Member, American Chiropractic Association

Member, Wilderness Medicine Society

Former Member, International Association for Dance Medicine & Science

Member, ACA Sports Council

Board Certified Chiropractic Acupuncturist, South Dakota

CONTINUING EDUCATION

McKenzie Method (MDT)

Part A

Dynamic Neuromuscular Stabilization

Exercise 1 & 2

Accelerated Rehab

Part 1

Kinesio Taping

Basic

NOLS Wilderness EMT Course, 2017

NOLS Wilderness First Responder Course, 2013

SKILLS

- Typing ~100 WPM
- CMS admin (Wordpress, SquareSpace, Ghost, etc.)
- Microsoft Office (Word, Excel, PowerPoint)
- Apple iWork (Pages, Numbers, Keynote)
- Google Suite (Docs, Sheets, Slides, etc.)
- Google Workspace Admin
- Social media platforms admin (Facebook, Instagram, Twitter, LinkedIn, etc.)
- Video editing & production (Final Cut Pro)
- Audio editing & production (Hindenburg, Apple Logic Pro)
- Page layout and design (Affinity Suite)

PUBLICATIONS

Haldeman, S., Nordin, M., Tavares, P., Mullerpatan, R., Kopansky-Giles, D., Setlhare, V., et al. (2021). Distance Management of Spinal Disorders During the COVID-19 Pandemic and Beyond: Evidence-Based Patient and Clinician Guides From the Global Spine Care Initiative. *JMIR Public Health and Surveillance*, 7(2), e25484. <http://doi.org/10.2196/25484>

