

Joseph J. Paun, MS, DC, CSCS

Paun Family Chiropractic and Wellness, P.C.

2022 45th St, Highland, IN

219-227-4033

www.PaunWellness.com

Career Objectives:

- To provide effective and evidence based conservative treatment options for those in need.
- To promote wellness with the utilization of physical activity, nutrition, rehab, and lifestyle changes.
- To treat or aid in the treatment of the whole patient including physical, mental, emotional, and spiritual components.
- To work alongside allopathic and osteopathic physicians to develop and implement integrative treatment plans.
- To use nutrition as a tool to modulate disease expression while also educating the general public on the utility of optimal nutrition and supplementation.

Educational Background:

- Certified Medical Examiner (ME). Federal Motor Carrier Safety Administration (FMCSA). (November 2013).
- Certified Strength and Conditioning Specialist (CSCS), The National Strength and Conditioning Association. (December 2012)
- M.S. in Human Nutrition, University of Bridgeport. (April 2007).
- Doctor of Chiropractic, National University of Health Sciences. (December 2006).
- Certified Hypnotherapist, National Guild of Hypnotists. (April 2006).
- B.S. in Human Biology, National University of Health Sciences. (December 2004).
- B.S. in Kinesiology, University of Illinois at Urbana Champaign. (August 2003).
- Chemistry Minor, University of Illinois at Urbana/Champaign. (August 2003).

Continuing Education/Seminars:

- Active Release Techniques Soft Tissue Management – Spine Level 1 – 21 hours, Faye Jones, DC (3/9 – 3/12/2017)
- Prague School to Athletic Development (PS2AD) - Part A: Functional training and core assessment –17 Hours - Dr. Craig Liebenson (Sept 9-11/2016).
- Chicago Three Day Functional Training Summit – 21.1 hours, Perform Better and M-F Athletic Company (6/2016)
- Chicago Three Day Functional Training Summit – 21.1 hours, Perform Better and M-F Athletic Company (6/26 – 6/28/2015)
- Management of Lumbar Disc Derangements II – 4 hours, Dr. William E. Morgan (3/14/2015)

- Management of Lumbar Disc Derangements I – 4 hours, Dr. William E. Morgan (3/14/2015)
- Adult and Pediatric First Aid/CPR/AED – Valid 2 Years (7/12/2014 – 7/12/2016)
- Chicago Three Day Functional Training Summit – 20.5 hours, Perform Better and M-F Athletic Company (6/27 – 6/29/2014)
- Functional Movement Screen Two Day Workshop – 13.5 hours, Perform Better and M-F Athletic Company (2013)
- Functional Movement Systems- 13 hours, Gray Cook, MS, PT, OCS, CSCS & Lee Burton, PHD, ATC, CSCS (11/8/2013 – 11/9/2013)
- Lumbar Spinal Stenosis & Lumbar Radiculopathy – 12 hours, Midwest Interventional Spine Specialists (10/5/2013)
- Functional Medicine and Cancer: Prevention, Management, and Survivorship- 16 hours, The Institute For Functional Medicine (9/28/2012 – 10/25/2012)
- McKenzie Method of Mechanical Diagnosis and Therapy- 3 hours, Steven Heffner, DC, DipMDT (6/24/2012)
- Childhood Obesity Prevention- 1 hour, Rick Osbourne (6/24/2012)
- Mastering Resistance Training Utilizing Bands and Tubes- 12.5 hours, Thomas J. Solecki, DC, DACBSP, DACRB, CSCS, CKTP, CES, PES, ART (9/24/2011 – 9/25/2011)
- Headaches, Head Trauma, Vertigo & VAS- 12.5 hours, Rand Swenson, DC, MD, PhD (6/4/2011- 6/5/2011)
- Mastery of Common and Problematic Clinical Disorders – 12 hours, Alex Vasquez, DC, ND (9/26/2009 – 9/27/2009)
- Pediatrics: How Dietary Habits Drive Disease throughout the Lifecycle – 15 hours, David Seaman, MS, DC (4/4/2009 - 4/05/2009).
- Modern Spine Care Part 2 – Functional Training: An Integrated Approach for Injury Prevention and Performance Enhancement – 14 hours, Craig Liebenson, DC (11/22/2008 – 11/23/2008).
- Modern Spine Care Part 1 – Spine Rehab for Pain: A Patient Centered Approach – 14 hours, Craig Liebenson, DC (10/25/2008 - 10/26/2008).
- The Role of Toxicants and the GI Environment in Chronic Disease – 6 hours, David Brady, ND, DC, CCN, DACBN (5/03/2008).
- Evidence Based Nutrition – 12 hours, David Seaman, MS, DC (3/31/2007 – 4/01/2007).
- Cox Distraction – Decompression Adjusting and Manipulation Part 2 – 18 hours, James Cox, DC, DACBR (11/03/2006 – 11/05/2006).
- Kinesio Taping Certification Sessions 1&2 – 28 hours – Vince DeBono, DC, CSCS and David Parish, DC, CSCS, DACBSP (9/09/2006 – 10/01/2006).
- Hypnotherapy Certification – Levels 1 and 2 – 100 hours – Leene Guptha, DO, BCH, PhD (10/15/2005 – 4/23/2006).

Employment Experience:

- Department of Transportation (DOT) Medical Examiner – CR England (Part time: 2009-7/2012. Full Time 8/2012-Current)
- Doctor of Chiropractic at Paun Family Chiropractic and Wellness, P.C. (8/2007 – Present).
- Worked for Local #1 (Structural) Ironworkers after graduation while setting up and preparing for chiropractic practice. (2/2007 – 7/2007).

- Worked for Local #1 (Structural) Ironworkers during my summer and winter breaks (1999-2007).
- Part-time employee for Jevitz Chiropractic in Elmhurst, IL. (2005).
- Resident Advisor at the University of Illinois – Substance Free Dormitory, (2000-2002).

Honors/Awards:

- Best of the Region 2015 – Chiropractic, The Times (2015)
- Business Persons of the Year, Highland Chamber of Commerce (March 2015)
- Colonel Sanders Institutional Scholarship, National University of Health Sciences, (Summer, 2005).
- Academic Honor Roll, National University of Health Sciences, Fall 2003-2006.
- Bronze Tablet Scholar award (top 3% graduating GPA in respective college), (2002).
- Highest GPA among all male collegiate athletes at the University of Illinois (3.93-3.95), (2000-2002).
- George Huff Award – Recognition of outstanding scholastic achievement while earning a varsity letter, (September, 2003).
- Kinesiology Department Scholarship, (Spring, 2001).
- James Scholar at University of Illinois, (Fall, 2000).

Professional Affiliations:

- Indiana State Chiropractic Association – District 1 Director (2013-Present)
- Indiana State Chiropractic Association – District 1 Alternate Director (2011-2013)
- Indiana State Chiropractic Association (2007 – Present).
- American Chiropractic Association (2007 – Present).
- Student American Chiropractic Association (2003-2006).
- Sigma Phi Kappa (Chiropractic Professional) Fraternity, (Spring 2004).
- Phi Eta Sigma Scholastic Fraternity
- National Society for Collegiate Scholars
- Eta Sigma Gamma Scholastic Fraternity

Research:

- Aided in data management and testing for Dr. Edward McAuley at the University of Illinois. The study looked at the effects of a morning fitness program on elderly adults while using pre and post-training criteria. (Fall 2002).

References

- Available upon request.