



Dr. Nikita A Vizniak, BSc, DC, RMT, ERYT

Author, Prof., Clinician - Subject Matter Expert

#603-625 Fifth Avenue - New Westminster - V3M 1X4

Clinic. 778-397-2626 Cell. 778-321-5520 E. nik@prohealthsys.com

IG: drnikitavizniak FB: nikita vizniak YouTube: vizniak

Profile

- **Author of 30+ books, online CE, rehab posters & video** –required reading at numerous colleges, used by millions around the world.
- **Consulting:** board exam review, instructor and clinical mentor, publishing, medical legal consultations, on-line CE development.
- **Instructor** 25+ years and department chair, including curriculum outcome performance critical thinking application
- **Director Professional Health Systems Inc.** – company dedicated to the creation of leading resources for clinical anatomy, assessment and treatments using patient centered, **evidence informed best practices**
- **Private Practice (DC #950, RMT #008786) – ProHealthClinics.com** Integrated multidisciplinary medical clinic.
- **ProHealthsys youtube channel** 100,000+ subscribers

Private Practice

2004-present ProHealthclinics.com. New Westminster, BC

- **Practice & consulting** and referral options patients including students, doctors, physical therapists, massage therapists, orthopedic surgeons, naturopathic doctors, former Olympic & elite level athletes
- Director of PHS and private consultant for doctors and therapists with more challenging patient cases
- **Medical legal consultant and subject matter expert** for medical, chiropractic, naturopathic, physical medicine litigation

2002-2004 Friends for Life Society Vancouver, BC

- Primary care and consulting for patients with HIV/AIDS, hepatitis, cancer and other disabling conditions

2001-2002 Baseline Chiropractic Clinic Beaverton, OR

- Primary care physician private practice treating athletes & patients from OHSU, OSU, PSU, Nike, Intel



Education

Thomson Rivers University (BSc)

University of Western States (DC)

- Honors graduate (cum laude)

Experienced Yoga Teacher (E-RYT)

Registered Massage Therapist (RMT)

Highlights

Regular student favorite based on feedback, performance reviews and board exam scores

Strong interpersonal and motivational skill set for students and practitioners

Task completion oriented with a focus on results based outcomes

Professional yoga instructor, strength training/rehab. and performance coach and amateur jujitsu - focus on improving performance & lowering injury risk

Super dad with amazing 3 daughters, free range chickens, organic orchard and garden, wood working shop

Awards

Academics Choice Awards (website & textbooks) 2015

NMSA Faculty of Year BINM 2015

Thompson Rivers University 2008 Distinguished Alumni

UWS Outstanding Student 2001

Publications – 500,000+ copies sold

Muscle Manual. 2020. (650 pages 3500+ images & references).

- Clinical procedure manual for therapists, doctors and students
- Topics including anatomy & kinesiology, posture assessment, gait analysis, differential diagnosis, stretching, strengthening exercises, trigger point referral & muscle testing.

Orthopedic Assessment. 2019. (568 pages ~1500 images/~2000 references)

- Clinical procedure manual for doctors, massage therapists and students.
- Topics including history, charting, history, physical exam, orthopedics, neurology, radiology, nutrition.

Joint Play and Mobilizations. 2019 (432 pages ~1000 images/~1400 references)

- Clinical procedure manual for physical therapists, chiropractors, massage therapists, doctors and students.

Orthopedic Conditions Manual. 2021. (632 pages ~1500 images/~2000 ref.)

- Condition management, broken down by body region, for therapists, doctors and students. Demographics, PE, Treatment & Follow-up
- Over 200 conditions ranging from sprain/strains, disc herniation, and scoliosis to Alzheimer's and depression.

Clinical Chiropractic / Massage Therapy. 2021. (1184 pages).

- Clinical integration of basic anatomy, orthopedic assessment, regional multidisciplinary condition management
- Clinical procedure manual for therapists, doctors and students

Spinal Manual. 2019. (432 pages with more than 1000 images \800 ref).

- Clinical integration of basic anatomy, orthopedic assessment, regional multidisciplinary condition management
- Clinical procedure manual for therapists, doctors and students

Botanical Medicine. 2020. (520 pages ~1500 images/~1000 references.)

- Co Author - clinical botanical/nutrition medicine, botanical actions, constituents, pharmacy, monographs, carbohydrates, proteins, fats, fiber, pharmacology and many other topics

Exercise Workout Poster, Anatomy Workbook, Flashcards

- **35+ Doctor Designed exercise posters.** Barbell, Staff, Body Ball, Body weight, Dumbbell, Kettle bell, Massage, Resistance Bands, Foam Roller, Sexercise, Stretching, Stretching Strap, Suspension Gym, Yoga



Quote

'The Muscle Manual is the most useful of any of Travell's Trigger Point Manual, Kendall's Muscle Testing, Musculino's Muscle System, Biel's Trail Guide to the Body, and any Anatomy & Physiology text, all wrapped up in one parcel.' – Neil Reid, Myotherapist & acupuncturist, Australia



2008-Present

- Partnership with the RMTBC, MTA, MTAS and MTAM to deliver - **Advanced Clinical Reasoning & Practical Integration** seminar series for multidisciplinary integrated patient assessment, treatment, referral and education for AT(C), RMTs, PTs, DCs, DOs, NDs, MDs – with a focus on maintain and improving practice standards
- **Board Exam Review** courses for RMTs, PTs, NDs, DCs
- **Applied Cadaver dissections** – focus on clinical outcomes & assessment based on a holistic understanding of the body and tissues specific injuries with practical clinical application
- **ProHealth Movement Therapies** and Yoga teacher certification creating a doctor/therapist level of understanding with a focus on functional movement patterns, anatomy, kinesiology & biomechanics to recognize pathology, pose/stretch modification and promote active living and health for all levels of ability
- **Winnipeg Jets (NHL), Winnipeg Blue Bombers (CFL), Manitoba Moose (AHL)** – IASTM & Advanced Clinical Reasoning, joint mobilization (only presenter invited back 3 years in a row for CE)
- BINM CE – Better Presentations and Productivity – New Westminster BC
- MTAS AGM - IASTM intro, Upper/Lower Extremity Clinical Reasoning – Winnipeg WB
- WCCMT alumni CE – Feb 2017 - IASTM fundamentals (2 day)
- NHPC 2017 National Conference – Advanced Clinical Reasoning – therapeutic assessment – Edmonton AB



0110 Evidence Informed Palpation and Muscle Testing



0201 Advanced Clinical Cadaver Dissection



0301 Movement Therapy and Yoga Anatomy



0400 Yoga Teacher Training



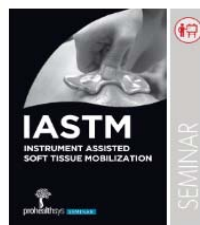
0401 Evidence Informed Graded Exercise Therapy



Orthopedic Clinical Reasoning



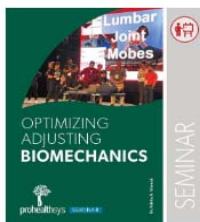
0701 Introduction to IASTM



0702-0703 IASTM – Upper Body & Lower Body



JOINT MOBILIZATION OF THE SPINE, NECK & PELVIS



OPTIMIZING ADJUSTING BIOMECHANICS



RMT BOARD EXAM REVIEW



CHIRO BOARD EXAM REVIEW

Quotes

‘Hello Dr. Nik, I think it should be the other way around, I should be thanking you for an amazing seminar! **It was the best experience of my life outside of my children.** Thank you for making such an impact in my life. I'm eternally grateful!’ - Lindsay K. - RMT

‘I just wanted to say that some of our classes have been so powerful. Your ability to humanize conditions and **convey the true meaning of "patient centered care"** has been potent on a deep level... having a deeper understanding and empathy was something that I felt was lacking across the board and it gives me a lot of hope that there will be doctors out there that "get it" – thank you.’ Dr. Kristal R.

“I had the pleasure of attending your class yesterday and I wanted to thank you again. I have not experienced that type of learning environment in a VERY long time. Your love for anatomy and teaching was clear and contagious; the **3 hrs felt more like 30 minutes.**” Pamela T. PT

“I have been a in practice for 15 years.. I was pleased to learn quite a few new clinical pearls. **I liked how interactive the class was.** Dr Vizniak was willing to field questions and expand on them as it pertained to the course material. **What I liked in particular was how he engaged the attendees,** making us think through the conditions or tests. I found this not only useful but practical since the reality is when there is a patient in front of you, you have to go through a very similar process: what, why, how etc? I look forward to attending more modules in the future.” Dr. Amanda G.

Video testimonials on youtube

Experience

WCCMT (2002-19) & VaCC (2002-present) New West/Burnaby, BC

- **Professor** MSAK 1, MSAK 2, Clinical Assessment, Anatomy & Physiology. clinical integration of anatomy topics including ligaments, muscles, joints, muscle testing, palpation & kinesiology.

CCNM/BINM (2003-2024) New Westminster, BC

- **Asc. Professor Anatomy 1-3, Cadaver Dissection**, Physical Medicine 1-3 **Diagnostic imaging**, (soft tissue mobilization, orthopathology), **Osseous Manipulation 1-4, Exercise therapeutics** - student mentor
- **Chair of Physical Medicine (2010-19)**, curriculum design/administration. Department management of 20+ doctors, therapists & TAs including curriculum delivery, syllabi and clinic integration of 12 courses.

Kaplan Canada Ltd. (2003-2004) Vancouver, BC

- **Instructor for MCAT** (pre-medical), DAT (pre-dental), PCAT (pre-pharmacy) standardized admissions tests preparatory courses; topics instructed range from molecular genetics, plant biology, biochemistry, & critical thinking. - **Completed Professional Instructor Training program.**

University of Western States (1999-2002) Portland, OR

- **Teaching assistant** neuroanatomy, histology, human anatomy, muscle testing, orthopedics, massage, adjusting technique, **cadaver lab**, physical therapy, minor surgery, and patient practice management
- Development of numerous standardized clinical examination forms

Board Exam Author, Proctor & Patient Simulator

2008-2018 Naturopathic Physicians Licensing Examinations

- Board exam and BINM clinic exit exam developer & proctor.

2003-2008 Canadian Medical Council - UBC Medical Program

- Patient simulator for UBC Objective Clinical Skills Exam (OSCE) & Canadian Medical Council Licensing Exam. (demo of Ophthalmic Exam & other Physical Exam Procedures; Orthopedic Procedure Consultant).

2003 Canadian Chiropractic OSCE Calgary, AB

- Volunteer Proctor for Canadian Chiropractic OSCE.
- Clinical Scenario and Grading Scheme Development.

2002 University of Western States Portland, OR

- Simulator for objective standardized clinical exam (OSCE); offering qualitative and quantitative feedback and grading performance.



Professional Anatomy, Assessment and Treatment Resources for Leading Practitioners, Educators & Students

- **5000+ question test generator**
- PowerPoint presentations
- Regional quizzes & final exams
- **1500+ image bank for quizzes and exams**
- Best selling, evidence based physical assessment & orthopathology ebooks
- **Printable blank quizzes to improve retention**
- On-line muscle rapid testing tables
- Full version of Gray's Anatomy (2000 images)
- Printable proctor exams
- Regional exam forms
- **Clinic forms**
- Patient handouts
- **Video tutorials...**
 - ✓ Palpation
 - ✓ ROM
 - ✓ Muscle test
 - ✓ Regional orthopedics
 - ✓ Regional body exams
 - ✓ Massage therapy
 - ✓ Joint mobilization
 - ✓ Practical exams

prohealthsys.com

Volunteer Activities

2021

- Clinical Orthopedics & Assessment – Durban University of Technology
- University of South Wales. Guest lecture
- Nova Scotia Chiropractic Association 4 hr Clinical Neurology lecture
- Parker Success Academy interview with President of Parker University
- RMTBC AGM speaker on self-care and yoga in practice

2011-present Open Gym / Guest Lecture – Glenwood elementary Burnaby

- After school open gym time for kids, grade 4-7 anatomy sections.

2011-2013 BINM Board of Directors New Westminster, BC

- Faculty representative for BINM Board of Directors.

2003-present BINM Curriculum Development Committee

- Curriculum development and educational advancement in naturopathic and physical medicine.

2002-2004 Friends for Life Society Vancouver, BC

- Treatment of patients with terminal health conditions and their caregivers.

2003 Burnaby Hospital Cancer Centre Burnaby, BC

- Assist in patient comfort, education and other general volunteer duties.

2000-2002 Portland Providence Medical Center ER Portland, OR

- Aid in medical procedures including hip relocations, casting, radiographic readings and physical exams.
- Assist in patient comfort by providing blankets, phone services and wheel chair assistance.

1999-2002 UWS Sport Medicine Club Portland, OR

- Sports Medicine Club Member: patient treatment with soft tissue techniques, massage, stretching at various sporting events, including the Subaru Columbia Gorge Games, Rose City Marathon, and Blue Lake Triathlons.



Interests

Learning & educational retention/performance, publishing, curriculum design, badminton, organic farming, home renovation & construction, wood working, graphic design, archery, photography, continuing education, golf, tennis, floor hockey, weight training, MMA/Jujitsu, comparative anatomy, auto restoration, welding/machining, watching documentaries (history of life, Cosmos, anatomy), biking, camping and being a super dad to 3 great kids.

References

Taunya MacDonald, BA, RMT
Performax Health Group
Phone: 778-866-5440
E-mail: tmacd.rmt@gmail.com

Mike Tassone, ND
Private Practice
#106-3480 Carrington Road
West Kelowna, BC
Phone: 250-768-2727
e. michael.a.tassone@gmail.com

Andrew Vargo, MD
Chair of Biomedicine - BINM
300-435 Columbia Street
New Westminster, BC V3L 5N8
Phone: 604-777-9981
Email: avargomd33@gmail.com

Quotes

'Dr. Vizniak's texts are a requisite library for chiropractic students and practitioners. These texts are the most compact, complete, logically organized, and easy-to-access resources available.'

-Dr. Thomas Souza, DC – Author: Differential Diagnosis and Management for the Chiropractor

'Dr. Vizniak's books provide what every doctor and student long for, compact, easily accessible practical information. These texts are an obligatory part of every chiropractor's library. I purchased several of these books and kept them in either my jacket pocket or exam room while in my hospital-based clinical practice. These books are not a decision; they are an answer.'

Dr. William E. Morgan, President of Parker University, former Chiropractor to the White House and Congress, and Chiropractic Hospitalist

Honestly in all my years of being taught and being in a classroom environment your class felt like the first class I was 110% awake and fully inspired .It was quite an experience. I haven't always excelled in educational institutes but I honestly feel like if I'd been taught the way you did then I would have. I was completely engaged and actually quite shocked that you were able to make a lesson so fun and inspiring, I don't think I've ever left a class so happy and ready to take on the world. Most teachers do just read off the powerpoint, they speak in the same tone, every now and then they may crack a joke, and a lot of teachers at the College will be like "Guys I know this is a lot but we just have to get through this information" then for the next hour they just read these words out. Your listening so hard but its like the information isn't going in, so then I have to go home and go on You Tube to watch videos and see pictures and to almost teach myself this material. Your class turned everything upside down, and was just the best! Thank you for waking me up and making me realize learning can be fun and that its okay to think outside of the box and to not always go with what we are taught. - **Nayia L. RMT**

"A few lecturers enquired as to why so many students were carrying around the ProHealth Books (especially because they're not on our required reading lists) and we informed them that they should be!! I could say with certainty that if I would be to recommend 1 book to incoming first year students it would be your Physical Assessment text, it would have made the last 3 years a lot easier!" – **Dr.Petra Watson, New Zealand Chiropractic College, New Zealand**

"The Physical Assessment book is great for anyone who is serious about physical examinations and wants to learn the how and the whys rather than just going through the process. The level of detail and description is amazing especially for the joint exams. We used it to great effect in an OSCE training course this weekend for Emergency Medicine Physicians and were able to untangle some of the wilder joint examinations that the candidates were performing." **Dr. Nick Smith, Head of Clinical Skills, Undergraduate Medical Education, CMFT Manchester, UK**

Dr. Vizniak, is one of a kind. Honestly, one of the best teachers that I have encountered in all of my academics. I was so impressed with his research into how students best learn and how he implements this and remodels his teaching accordingly. If only all teachers would do this. His changes mirrored the suggestions that I had found in my research of how to best learn, which was synchronistic and beneficial for me. I learned more from this course than any other anatomy program. He made it enjoyable, fun, engaging and most of all easy to learn and retain things. His ability to read his audience and monitor the pace accordingly is also impressive. He knew when we needed a break, he presented information in a fascinating way (not slides that were overloaded with info), he was always prepared and on time. He truly inspired me to want to learn more, be better and do better. He is literally the school's greatest asset! He knows that cramming information down our throats doesn't foster life long learning. If only the other teachers could learn from him on how to structure their classes and how to present information properly. I truly appreciated the way he conducts his exams as well. It was a true test of how well you knew everything, not just on how well you could memorize. I will miss having him next semester and look forward to having him again in the fall. I encourage the school to have him influence the way the other classes are taught if you want to improve retention rates and student learning and integration. I have the utmost respect for and appreciation for a teacher that is continually remodelling their teaching to aid the students. That is true dedication right there. Most teachers just get into a groove of teaching the same way with the same slides, which doesn't create for an ideal learning environment. I am so glad that he was part of my first semester learning experience'

- **Stephanie Cowie - BA, MEd, CAHP, CNP**

Dr. Nik is in my opinion the single greatest asset Boucher Institute has. His knowledge and teaching abilities far surpass anyone I have encountered in academia before. Boucher should do whatever possible to keep Dr. Nik on staff teaching as many classes as possible – 2017 class review

You are my first mentor since I started my medical studies. You have fostered my confidence since the very beginning of this program. I can now comfortably stand up in front of others and say "I am here and this is who I am." This is no small feat and I am not the only one at this school whom you have helped in this way. It's people like you who allow for people like me - especially women! - to have the confidence make something - anything! - of themselves. I firmly believe that my dreams would not so big had you not pushed me to think big - and then go out do even bigger things. **Mary Buse, ND**

I will not forget how much you have helped me in just the infancy of my career. I sincerely hope this email does not make you uncomfortable. I simply wanted to express my gratitude because too often acts of kindness go unnoticed and unappreciated. But you have foundationally changed a lot of people at Boucher in a very positive way. Thank you.

Hi Dr Nik

I was having a hard time learning the origin, insertion of muscles so one day I talked you about this problem and you told me to take the manual muscle book and hide the origin, insertion and write it on the piece of paper by looking at the muscle itself, so I did it and just by doing it once I felt very confident about it. In term 1 as well, I was trying every way to do it, by drawing muscles, looking at the pictures and what not but I was barely passing the tests, but with this way I got 91% on my test. - Thank you Dr Nik. . Ridam Ahuja

It just hit me.. that we are not having anatomy classes anymore... I wish I could turn back time! It was the most fun class I had and I want to thank you for that. You made this crazy first year seem a breeze :) - Alina

"I recently arrived at the physical medicine chapter in board exam study manual and begrudgingly (only due to the fact that it is by far the largest chapter) began to study it. But then, as I made my way through it, I realized it was the quickest and easiest chapter of all...barely having to highlight or make notes on a single topic. I know this stuff cold...and that's because of You! **Your passion and abilities as a teacher are truly gifts to us all...as students, doctors and the patients we treat – Thanks for being an amazing teacher!**" – Dr. Gerann Murphy, ND.
New Westminster, Canada

He was born to do this. I don't think I have ever had an instructor like him. He is so good at teaching and delivering information! I was incredibly impressed!... Dr Nik was a major highlight for this semester and one of the best teachers I have had in my educational career.

'Hello Dr. Nik, I think it should be the other way around, I should be thanking you for an amazing seminar! It was the best experience of my life outside of my children. Thank you for making such an impact in my life. I'm eternally grateful!' - Lindsay Kluthe, RMT

"I had the pleasure of attending your class yesterday and I wanted to thank you again. I have not experienced that type of learning environment in a VERY long time. Your love for anatomy and teaching was clear and contagious; the 3 hours felt more like 30 minutes." **Pamela T.**

"Dr. Vizniak is one of the best professors I have had in my 12 years post high school academic career. I appreciate his passion and knowledge and his real world clinical experience, and his patience with our constant questions. He makes learning easy and exciting"

"Dr. Vizniak makes me want to learn and become the best clinician I can be." - "Dr. Nik understands how much information students can retain from each class and respects it – he is always prepared and entertaining"

"I look forward to every class because I learn so much from it - you have a very keen ability to gauge personalities and traits of your students and you teach uniquely to address and facilitate personal needs."

'I just wanted to say that some of our classes have been so powerful. Your ability to humanize conditions and convey the true meaning of "patient centered care" has been potent on a deep level... we often learn slide after slide of condition after condition in so many classes and that there is rarely space to think about the person behind the condition because we are too busy learning the "history, signs and symptoms" etc. Not to say that that isn't important...it is vital....but having a deeper understanding and empathy was something that I felt was lacking across the board and it gives me a lot of hope that there will be doctors out there that "get it" – thank you.' Dr. Kristal R.

"I have been a in practice for 15 years. When I looked into Dr Vizniak's seminars, I thought it looked like a good review of musculoskeletal conditions and orthopedic tests. I was not disappointed and was pleased to learn quite a few new clinical pearls. I liked how interactive the class was. Dr Vizniak was willing to field questions and expand on them as it pertained to the course material. What I liked in particular was how he engaged the attendees, making us think through the conditions or tests that were being reviewed. I found this not only useful but practical since the reality is when there is a patient in front of you, you have to go through a very similar process: what, why, how etc? I look forward to attending more modules in the future." Dr. **Amanda G.**

Dr. Nik is a really good instructor, good volume, enthusiasm, entertaining, knowledgeable. Prepared with many ways of teaching –

Carolyn Brett

Great review and stimulation of new learning! Course is necessary for our profession to keep moving forward with trained practitioners –

S. Piedson

Overall an excellent course, best one I have taken! - Robert Irish

A must for anyone who does sports therapy/message - Eddie Romognoli, RMT

Dr. Nik provides a great balance of practical knowledge, clear communication, and fun/humour in his courses. I'd highly recommend any and all of his courses/workshops - Chris Curran, RMT

One of the best courses I've taken since I started 22 years ago. I feel more confident as a therapist and feel I will last longer in the profession - Rebbah Rodrigues RMT

Well worth the time and money - a "game changer" for my practice. Loved all the anatomy, physiology, and assessment information as well as the techniques - Melissa West, RMT

For me it is a game changer as it is such a pleasure to treat without so much effort on my fingers and body. Love it! - Laruie McEwan

The best course I've taken in 20 years. Able to understand and incorporate into practice with a KNOWLEDGEABLE UNDERSTANDING - Franz F. Sutter, RMT

Dr. Nik's assessment course was a great refresher, reminder, and inspiration to continue to assess patients - Anne Jones, RMT

Dr. Nik presents at an appropriate level in an entertaining and practical way. He is open to questions and answers all questions in depth - Anne Jones, RMT

Instructor was clear, created a safe environment. He added appropriate humour and was very effective. It was a great course! The information was very relevant and useful! Highly recommended - Susan Rowe, RMT

I found Dr. Nik's extremely information, very personal, and an easy teacher to learn from. I would highly recommend this course to anyone interested in the course material - Mark Bentz, RMT

A Great course! Wish I had this information years ago! - Dave L, RMT

Dr. Vizniak is really the sort of health-care professional we should all aspire to be. Not only are his books the perfect tool for any practitioner no matter where they are on their professional journey, he is willing to go above and beyond to help even total strangers succeed. Dr. Vizniak invited me into his recording clinic and dedicated his time to put me through a "boot-camp" to help build my skills and confidence so I could go into my board exam and succeed! Dr. Morgan Millard, MSc, DC.

Hi Prof. It's so nice to finally be able to put a face to the person who authored my life saving text books. Thank you for making it so easy to understand. Because of you I am a qualified Chiropractor in South Africa. I still have the books by my side in practice. You have helped a great deal and for that I am very grateful. Kind regards, Ahmed



boucherinstitute



**I like my odds come
August. Hard work
pays off**

NPLEX I 100%
PASS RATE COMPARED
TO NORTH AMERICA
AVERAGE OF 70%

NPLEX II 100%
PASS RATE COMPARED
TO NORTH AMERICA
AVERAGE OF 79%

