

# Certifications

2021 [Certified Functional Strength Coach Level 1](#)

2021 [Postural Restoration Institute](#) [Mvokinematic](#) and Postural Breathing

2017 [Selective Functional Movement Level 2](#)  
Functional Movement Systems Level 1 and 2

2016 Fundamental Capacity Screen  
[Neurokinetic Therapy Level 1](#)

2015 Selective Functional Movement Screen Level 1

2014 [Certified Chiropractic Sports Physician®](#)

2013 [RockTape](#) Fascial Movement Taping Level 2

2012 [RockTape](#) Fascial Movement Taping Level 1

