Thorvald Ekwueme-Brask

Doctor of Chiropractic, Associate Chiropractor

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SUMMARY

Associate chiropractor with 5 years treating spine and extremity complaints in multidisciplinary and private practice settings. Sees 30-35 patient visits a day, uses validated outcome measures at every re-exam and cut average visits per episode of care from 18 to 12 with rehab-based plans. Licensed in Idaho; trained in Diversified, Activator and Thompson drop table.

EXPERIENCE

Associate Chiropractor — Treasure Valley Spine & Rehab

Boise, ID · Aug 2022 – Present

- Provide 30-35 patient visits a day for low back, neck, headache and extremity complaints within a practice that includes 3 physical therapists.
- Reduced average visits per episode of care from 18 to 12 by adding progressive home exercise plans and outcome-based re-exams every 4 weeks.
- Improved average Oswestry Disability Index scores by 18 points across 240 low back patients discharged in 2025.
- Referred 14 patients a year to physicians or emergency care after red-flag findings, documenting each referral the same day.
- Passed 2 payer documentation reviews with 0 findings after rebuilding SOAP templates with functional goals and outcome scores.

Associate Chiropractor — Snake River Family Chiropractic

Nampa, ID · Jun 2020 – Jul 2022

- Built a schedule from 8 to 28 patient visits a day within 10 months through physician outreach and 12 workplace ergonomics talks.
- Treated 60 prenatal patients with drop table and side-posture alternatives, with 0 adverse events reported.
- Raised care plan completion from 55% to 78% by giving every new patient a written plan with goals and re-exam dates.

SKILLS

Techniques: Diversified, Activator, Thompson drop table, instrument-assisted soft tissue, extremity adjusting

Assessment: Orthopedic and neurological exams, red-flag screening, Oswestry and Neck Disability Index

Documentation: SOAP notes, ChiroTouch, ICD-10 and CPT coding, personal injury reports

Rehab: Therapeutic exercise, core and cervical stabilization, ergonomic coaching

CERTIFICATIONS

Licensed Chiropractor, Idaho, 2020

Certified Chiropractic Sports Physician (CCSP), 2023

EDUCATION

Doctor of Chiropractic, University of Western States, 2020

B.S. Kinesiology, Boise State University, 2016

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