

# *Ardell Scienski*

*Doctor of Chiropractic*

## *Education*

2005- Logan College of Chiropractic, Chesterfield, MO  
Doctor of Chiropractic

2003- Logan University, Chesterfield, MO  
Bachelor of Science Biology

2001- Harper College, Palatine, IL  
Associate in Science

1995- U.S. Army Basic Training, Ft. Benning, Georgia

## *Professional Experience*

Physician / Owner, Private Practice in Illinois- (2005-2020)

## *Medical Licensure*

Illinois State License (07/2005), Inactive 2020  
038-010429

Texas State License (05/2014) Inactive 2015  
12352

Florida State License (12/2019), Active 2019  
CH 12847

## *Board Certifications*

National Board of Chiropractic Medicine  
Parts I, II, III, IV, and Physiotherapy

## *Military Training / Education*

United States Army Infantry Specialist- 1995-1998

December 1995- Indirect Fire Infantryman, Ft. Benning, Georgia

December 1995- U.S. Army Individual Infantry Training, Ft. Benning, Georgia

August 1996- Combat Lifesaver Certification, Ft. Stewart, Georgia

## *Decorations / Medals / Badges*

Army Good Conduct Medal

National Defense Service Medal

Army Lapel Button

Armed Forces Expeditionary Medal

Army Service Ribbon

Marksman Badge

## *Associations and Community Involvement*

Children's Health Defense, Member

*Continuing Education*

April 23, 2005- Activator Methods- 135 Hrs

*Logan College of Chiropractic*

September 16-17, 2006- Neuromechanical Innovations: 21<sup>st</sup> Century Chiropractic Training- 12 Hrs

*New York Chiropractic College*

October 14-15, 2006- Activator Methods- 11 Hrs

*Palmer College of Chiropractic*

February 10-11, 2007- Clinical Orthopedics, Foot & Ankle, Gait Mechanics, Mechanical Disorders, Supports & Devices- 12 Hrs

*National University of Health Sciences Lombard, Illinois*

March 10-11, 2007- Clinical Orthopedics, Foot & Ankle, Common Clinical Conditions, Trauma & Imaging- 12 Hrs

*National University of Health Sciences Lombard, Illinois*

April 14-15, 2007- Clinical Orthopedics, Knee Disorders, Trauma & Imaging-12 Hrs

*National University of Health Sciences Lombard, Illinois*

May 5-6, 2007- Clinical Orthopedics, Knee Disorders, Trauma & Imaging Part II-12 Hrs

*National University of Health Sciences Lombard, Illinois*

June 9-10, 2007- Clinical Orthopedics, Knee Function Mechanics & Rehabilitation-12 Hrs

*National University of Health Sciences Lombard, Illinois*

July 14-15, 2007- Clinical Orthopedics, Knee Complex Clinical Conditions-12 Hrs

*National University of Health Sciences Lombard, Illinois*

August 4-5, 2007- Clinical Orthopedics, Hip & Pelvis Disorders of the Hip & Pelvis-12 Hrs

*National University of Health Sciences Lombard, Illinois*

February 23-24, 2008- Chiropractic Sports Physician, Sports Pre- Participation Exam-12 Hrs

*National University of Health Sciences Lombard, Illinois*

March 29-30, 2008- Chiropractic Sports Physician, Assessment, Diagnosis and Management of Injuries to the Spine & Pelvis-12 Hrs

*National University of Health Sciences Lombard, Illinois*

May 31- June 1, 2008- Chiropractic Sports Physician, Management of Injuries to the Upper Extremities- 12 Hrs

*National University of Health Sciences Lombard, Illinois*

June 28-29, 2008- Chiropractic Sports Physician, Emergency Procedures-12 Hrs

*National University of Health Sciences Lombard, Illinois*

July 26-27, 2008- Chiropractic Sports Physician, Extremity Taping / Strapping & Adjustive Technique-12 Hrs

*National University of Health Sciences Lombard, Illinois*

September 6-7, 2008- Chiropractic Sports Physician, Management of Special Populations-12 Hrs

*National University of Health Sciences Lombard, Illinois*

April 17, 2009- Koren Specific Technique, Chiropractic & Spinal Research- 16 Hrs

*Indianapolis, Indiana Tedd Koren, D.C.*

January 30-31, 2010- Improving Your Documentation-12 Hrs

*National University of Health Sciences Lombard, Illinois*

March 20-21, 2010- Koren Specific Technique- 16 Hrs

*Rosemont, Illinois Tedd Koren, D.C.*

October 16-17, 2010- Myofascial Directional Therapy, Upper Body-12 Hrs

*National University of Health Sciences Lombard, Illinois*

November 6-7, 2010- Myofacial Directional Therapy, Lower Body-12 Hrs  
*National University of Health Sciences Lombard, Illinois*

November 20-21, 2010- Mastering the Neurologic Exam & Interpreting the Findings-12 Hrs  
*National University of Health Sciences Lombard, Illinois*

February 5-6, 2011- Clinical Orthopedic Module: Cervical Spine Clinical, Anatomy of the Cervical Spine-12 Hrs  
*National University of Health Sciences Lombard, Illinois*

February 26, 2011- Chiropractic Research-12 Hrs  
*National University of Health Sciences Lombard, Illinois*

April 2-3, 2011- Pediatrics & Maternal Health: Fertility, Pre-Natal Care & Webster Technique-12 Hrs  
*National University of Health Sciences Lombard, Illinois*

June 4-5, 2011- Headaches, Head Trauma, Vertigo & VAS-12 Hrs  
*National University of Health Sciences Lombard, Illinois*

June 2- August 3, 2011- Nutrition Certification Program-48 Hrs  
*Northwester Health Sciences University Lombard, Illinois*

October 1-2, 2011- Acupuncture: Introduction to Acupuncture-12 Hrs  
*National University of Health Sciences Lombard, Illinois*

October 22-23, 2011- Acupuncture: Clean Needle Technique / Meridians I-12 Hrs  
*National University of Health Sciences Lombard, Illinois*

April 8, 2011- Koren Specific Technique, Torque Release Technique- 16 Hrs  
Schiller Park, Illinois

February 11-12, 2012- Comprehensive MRI Imagine of the Spine-12 Hrs  
*National University of Health Sciences Lombard, Illinois*

April 20-21, 2012- Lower Extremity Adjusting 10.5 Hrs  
*Illinois Prairie State Chiropractic Association*

May 5-6, 2012- Whiplash and Brain Injury Traumatology- 12 Hrs  
*Spine Research Institute of San Diego*

July 14-15, 2012- Whiplash and Brain Injury Traumatology- 12 Hrs  
*Spine Research Institute of San Diego*

August 18-19, 2012- Whiplash and Brain Injury Traumatology- 12 Hrs  
*Spine Research Institute of San Diego*

February 2013- Nutritional Reflex Technique-12 Hrs  
*Gary S. Lasneski, D.C., MS., LDN Chicago, Illinois*

September 28-29, 2013- Got Documentation- Clinical Documentation of Chiropractic  
*University of Bridgeport- Chicago, Illinois*

January 23, 2014- Basic Care Management  
*Life University, School of Chiropractic*

January 24, 2014- Basic MRI Part I & II  
*Life University, School of Chiropractic*

February 6, 2014- Spinal Decompression  
*Life University, School of Chiropractic*

February 13, 2014- Insurance Coding  
*Life University, School of Chiropractic*

February 15, 2014- Sexual Boundaries  
*Life University, School of Chiropractic*

February 17, 2014- Professional Boundaries Part I, Conditions of the Disc Parts I, II, & III, Documentation Part I, Function Based Care Part I & II, Chiropractic Ethics, The Neurology of Pain, Basic MRI Part III  
*Life University, School of Chiropractic*

February, 13, 17, 19, 21, 2014- Adjustive Techniques- Extremity Adjusting  
*International Chiropractic Association*

March 22-23, 2014 Myofascial Release  
*Texas Chiropractic Association, San Antonio, Texas*

June 27, 2014, July 7-8, 2014- Integrative Myofascial Release (IMR) / Spinal Trauma- 5 Hrs  
*International Chiropractic Association*

September 15, 2014- Radiology- Diagnostic Imaging of the Spine  
*International Chiropractic Association*

November 8, 2014- Diagnostic Imaging (X-Ray), Non-Thrusting Adjustments- Upper Extremity, Adjusting the Kinetic Chain

March 4, 2015- Perinatal and Pediatric Practice- The Webster In-Utero Constraint Technique

June 27, 2015- Advanced Principals of Lower Extremity Adjusting- 8 Hrs  
*Parker University*

December 24, 2015- Muscle Testing and Exercise Prescription  
2/27-28- Inflammation: Finding Hidden Inflammation 12 Hrs  
*Oakbrook, Illinois*

December 2015- C.A.T.S.- Cranial Adjusting Turner Style- 12 Hrs  
Extensive Training on Adjusting Cranial Bones  
*Roger L. Turner, D.C. Ontario, Canada*

November 19, 2016- Advanced Principals of Lower Extremity Adjusting- 8 Hrs  
*Parker University*

October 22, 2016- Alternative Methods for Autism Treatment- 4 Hrs, Parkinson's Diseases- 4 Hrs,  
Concussion Diagnosis & Treatment- 4 Hrs

December 26, 2016- Care for Advanced Arthritis, Joint/Hip/Spinal Implants- 11 Hrs  
*International Chiropractic Association*

March 15, 2017- Muscle Testing and Exercise Prescription- 9 Hrs  
*International Chiropractic Association*

April 27, 2017- Athletic Rehabilitation- 10 Hrs  
*International Chiropractic Association*

May 14, 2017- Faulty Movement Patterns- 12 Hrs  
*International Chiropractic Association*

May 27, 2017- Rehabilitation in Whiplash- 4 Hrs  
*International Chiropractic Association*

May 24, 2017- Spinal Trauma- 12 Hrs  
*International Chiropractic Association*

June 10, 2017- Proper Documentation and Procedures- 8 Hrs  
*Chicago, Illinois*

June 14, 2017- Weight Loss Management, Fitness & Nutrition- 12 Hrs

December 1, 2017- Chiropractic Documentation & Coding- 6 Hrs

July 7-8, 2018- Use of Reflexes to Resolve Biomechanics of Chronic Neuro-Muscular-Skeletal Diagnosis-  
Part I- 16 Hrs  
*Alan Bonebrake D.C., Moline, Illinois*

October 19-20, 2018- Illinois Prairie State Chiropractic Association- Subluxation Assessment, Analysis,  
Correction 13.5 Hrs

January 26-27, 2019- Biomechanical Strategy and Methodology to Resolve Neuromuscular Diagnosis-  
Part II- 15 Hrs  
*Alan Bonebrake D.C.,*

February, 2019- MyoKinesthetic System- Lower Body Assessment and Treatment & Upper Body Assessment and Treatment- 56 Hrs

*Michael Uriarte D.C.*

February 15-16, 2019- Adjusting, Manipulation, & Mobilization of Vertebrae, Extremities & Cranials- Part III-16 Hrs

*Alan Bonebrake D.C.,*

February 17, 2019- Micro-Nutrient Course- 10 Hrs

*Michael Uriarte D.C.*

May 5-6, 2019- Scar Tissue and Rehabilitation-Part IV- 16 Hrs

*Alan Bonebrake D.C.,*

March 6-7, 2021- FCS Dania Beach Conference- 20 Hrs

*Florida Chiopractic Society*

May 1-2, 2021- Upper & Lower Extremity Manual Adjusting Symposium- 12 Hrs

*Robert Fenell, DC*

June 26, 2021- Passive Care Modalities & the Consequences of Dysbiosis- 3 Hrs

*Dr. Guy Annunziata, D.C.*

June 26, 2021- Radiculopathy: Patient Assessment- 1 Hr

*Dr. Guy Annunziata, D.C.*

June 26, 2021- Spinal Decompression & The Art of Muscle Testing- 3 Hrs

*Dr. Guy Annunziata, D.C.*

Dr. Ardell Scienski, D.C. has trained and mentored for 3 years under Dr. Alan Bonebrake who has co-authored Research studies on Carpal Tunnel Syndrome, authored articles appearing in The American Chiropractor and the Texas Chiropractic Journal. He has been in practice for 39 years, treated NFL, NBA, CFL, NHL, MISL, MSL, and 3 foreign soccer teams; professional bodybuilders and powerlifters; invited to and treated athletes at a Cowboys/Raiders training camp. He hosted a radio show for 15 years on his techniques and was the object of numerous newspaper and magazine articles, radio and TV news programs. He holds a M.S. in Biology, emphasizing human nutrition, he is a master herbologist, has been a member of 6 nutritional medical and scientific boards, has performed over 15,000 nutritional assessments.

The following is a list of syndromes covered at these seminars:

Part 1 seminar 16 hrs.

- Fibromyalgia pain
- Sciatica (Laseque's)
- Necessity of using a Cane or walker to walk (from leg weakness)
- Herniated or Bulging Disc (Milgram's)
- Unoperated Rotator Cuff and Frozen Shoulder Syndrome
- Regional Pain Syndrome (formerly RSD)
- Cranial Nerve symptoms (Nystagmus, Strabismus, Weber's)
- Hearing Loss of Differing Frequencies

- Tinnitus
- Foot Drop
- Carpal Tunnel or Thoracic Outlet Syndrome (Phalen's, Reverse Phalen's, Tinel's, Adson's)
- Cold or Burning Hands or Feet
- Raynaud's Syndrome
- Burning Tongue Syndrome
- Burning Pain in Lower Extremities or Genitals
- Female Cyclical Menstrual pain
- Numb Hands and Feet
- Loss of Vibration Sense in Feet/Toes
- Dizziness and Vertigo
- Positive pinwheel test
- Bladder leakage
- Dropped Transverse and Cuboid Arches
- Polyhydrosis
- Hyperhydrosis
- Parkinson's symptoms
- Cogwheel rigidity [stroke]
- neurological symptoms
- Guillain-Barre symptoms
- Seizures

#### Part 2 seminar 16hrs

- Chronic Athletic injuries: Hamstrings, ankles, wrists, golfer's elbow, tennis elbow, rotator cuff, knee, turf toe, shin splints
- Chondromalacia patella, weak ankles, trick knees, etc.
- Plantar fasciitis
- Meralgia paresthetica
- Bronchitis and Asthma
- Gagging, Esophageal spasm and Reflux Esophagitis
- TMJ Syndrome
- Migraine headaches
- Chronic whiplash
- Chronic hip, knee and ankle, shoulder, elbow and wrist pain
- Tendonitis and Bursitis
- Adhesive capsulitis/frozen shoulder
- Small joint fibrous ankylosis
- Chronic shingles pain
- Arthritic finger and toe joints
- Unadhere organs from each other and stimulate circulation and lymphatic flow

- Dupuytren's Contracture
- Osgood-Schlatter's Disease
- Chronic fever and sore throat
- Endonasal [including balloon nasoplasty] and Eustachian tube techniques for chronic sinusitis, chronic migraines, true Eustachian tube deafness and Meniere's syndrome
- Scar tissue and acupuncture
- Diaphragmatic and Accessory breathing muscle function
- Old fractures and chronic pain
- Bone pain
- Sclerotomy pain
- Fibromyalgia pain
- Resistant Sciatica
- Necessity of using a Cane or walker to walk (from leg weakness)
- Herniated or Bulging Disc
- Rotator Cuff and Frozen Shoulder Syndrome
- Hearing Loss of Differing Frequencies, Tinnitus
- Foot Drop
- Carpal, Radial and Tunnel or Thoracic Outlet Syndrome
- Burning Pain
- Dizziness and Vertigo
- Dropped Longitudinal, Transverse and Cuboid Arches
- Unexplained chest pain
- Ankylosing Spondylitis symptoms

Part 3 seminar 16hrs.

Extremity Techniques:

- Ribs and Costal Cartilages
- Golfer's and Tennis Elbow
- Chondromalacia Patella
- Bunions
- Flat Feet
- High Arches
- Dropped Transverse and Cuboid Arches
- Reliably relieve reflux esophagitis, hiatal hernia symptoms, esophageal spasm and upper GI conditions
- Acromio- and Sterno-Clavicular
- Chondritis and Costo-Chondritis

Cranial Techniques:

- Hallux Rigidis
- Hammer and Claw Toes • Bowlegs

- Knock Knees
  - Frozen Shoulder/Adhesive Capsulitis
  - Rotator Cuff
  - Carpal, Tarsal, Ulnar, Guyon, Radial Tunnel Syndromes, etc. • Chronic respiratory issues
  - Chronic hip, knee, elbow, hip, shoulder, foot, finger and toe issues
  - Correct TMJ dysfunctions
  - migraines
  - Improve vision and hearing/tinnitus
- Vertebral and Pelvic techniques: Puzzling cases.
- Chronic pain above the iliac crest
  - Chronic pelvic pain
  - Asymmetric Facets
  - Chronic Sacroiliac
  - Improve organ and gland dysfunctions
  - Chronic upper and lower cervical • Chronic upper, mid and lower thoracic
  - Cranial function
  - Chronic Tailbone /coccyx

August 11, 2019- FCPA- 19 Hrs

- HIV / Aids
- Medical Errors
- Laws and Rules of the Board
- Risk Management
- Record Keeping / Document and Coding
- Ethics and Boundaries

*Orlando, Florida*