



STEVEN B. ROSS, DC, FASBE, DAAPM

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EXECUTIVE PROFILE

Dr. Steven B. Ross, DC, FASBE, DAAPM, is a Chiropractic Physician, Expert Witness, and Independent Medical Examiner with over four decades of clinical, diagnostic, and forensic experience in spinal biomechanics, motor vehicle accidents, and soft-tissue injury analysis. His expertise includes motor-vehicle trauma, cervical acceleration–deceleration injuries, mechanical plausibility assessment, disc and ligament injury, and trip-and-fall events. A Fellow of the American Academy of Applied Spinal Biomechanical Engineering and a Diplomate of the American Academy of Pain Management, Dr. Ross has advanced training in biophysical diagnostics, pathobiomechanical syndromes, and spinal stabilization engineering, forming the foundation of his evidence-based medico-legal evaluations.

As an educator and author, Dr. Ross has lectured and written extensively on spinal trauma, biomechanics, and injury documentation, including *Occurrence of Recurrent and Chronic Symptoms Following Cervical Soft-Tissue Trauma*, *Mechanisms of Hyperflexion / Hyperextension Injury Cervical Acceleration – Deceleration (CAD) Injury*, and *Chiropractic Cervical Manipulation and Arterial Dissection: Epidemiology, Mechanisms, and Forensic Implications*. Retained by both plaintiff and defense counsel, he is recognized for his clear, persuasive explanations of complex biomechanical and causation principles in deposition and trial testimony. *Detailed abstracts of these current research projects are available upon request or via Academia.edu.*

PROFESSIONAL WORK EXPERIENCE

President, Business Consultant

American Board of Precision Medicine

2025

The American Board of Precision Medicine is an education and certification organization focused on advancing physician training in multi-omics, systems biology, and network medicine. Dr. Ross provided high-level guidance on business development, curriculum design, and team building, contributing to the board's strategic direction and operational development.

Founder, Chief Clinical and Education Officer

Cygenex, Inc.

2018 – 2024

A precision-medicine company specializing in genetic and pharmacogenomic (PGx) testing, data analytics, and clinical decision support. Dr. Ross independently developed a risk-stratification algorithm to identify individuals at high risk for adverse drug events and created the accompanying educational programs for PGx implementation. He directed all clinical strategy development and led all interactions with academic thought leaders, investigators, cooperative groups, and other clinical stakeholders.

Private Practice, Chiropractic Physician

Dr. Steven Ross, San Diego, CA

2004 – 2023

Dr. Ross operated a comprehensive chiropractic and integrative clinical practice with a specialized emphasis on spinal biomechanics, functional rehabilitation, and pain management. His work included the evaluation and treatment of musculoskeletal injuries, biomechanical dysfunction, and soft-tissue trauma, with an evidence-based approach integrating diagnostic assessment, structural correction, and patient-centered rehabilitative care. He provided ongoing management for acute and chronic spinal conditions, delivered individualized treatment plans, and collaborated with multidisciplinary providers to optimize patient outcomes.

President and Co-Founder

American College of Integrative & Functional Medicine**2014 – 2018**

A professional education organization focused on advancing physician training in integrative and functional medicine. Dr. Ross led key educational and professional initiatives, contributing to curriculum development, faculty engagement, and the enhancement of evidence-based clinical training programs designed to elevate practitioner competency in integrative care.

Associate Doctor**The Joint / The Chiropractic Place, San Diego, CA****2015 – 2017**

Provided patient-centered chiropractic care in a high-volume clinical setting with an emphasis on spinal and musculoskeletal conditions. Dr. Ross performed focused biomechanical evaluations, delivered hands-on spinal and extremity adjustments, and managed a broad range of acute and chronic presentations within a streamlined, fast-paced practice model. He maintained consistent patient outcomes and satisfaction while delivering efficient, evidence-based chiropractic care.

President and Co-Founder**The Institute for Integrative Medicine, LLC****2009 – 2015**

The Institute for Integrative Medicine was an educational and clinical training organization focused on bridging conventional and alternative healthcare modalities. Dr. Ross directed all operations, designed comprehensive educational curricula, and oversaw clinician training programs that integrated evidence-based integrative medicine, functional diagnostics, and patient-centered therapeutic strategies.

Consultant and Senior Director of Education**Metagenics, Aliso Viejo, CA****2014**

Metagenics is a clinical nutrition and functional medicine company providing evidence-based formulations and professional education for healthcare practitioners. Dr. Ross oversaw the development and delivery of clinician education programs, creating evidence-based nutrition and functional medicine curricula, guiding content strategy, and supporting practitioner training across national and international professional channels.

Director of Metabolic Health**Heart Scan Institute, La Jolla, CA****2007 – 2008**

A preventive cardiology and metabolic assessment center specializing in early detection of cardiovascular risk. Dr. Ross conducted metabolic and lifestyle evaluations, performed cardiovascular risk stratification, and provided evidence-based preventive medicine recommendations to decrease cardiometabolic disease burden and enhance long-term patient outcomes.

President and Owner**Accident-Injury Centers of Minneapolis****1998 – 2004**

A multidisciplinary injury-rehabilitation clinic specializing in the evaluation and treatment of orthopedic and accident-related musculoskeletal conditions. Dr. Ross directed clinic operations and provided comprehensive pain management, biomechanical assessment, and functional rehabilitation services. His work included acute and chronic injury care, detailed orthopedic evaluations, and integrative treatment planning for patients recovering from motor-vehicle collisions and work-related injuries.

Director and Owner**Ross Diagnostics and Examination Services****2000 – 2004**

A specialized medico-legal evaluation service focusing on spinal and soft-tissue injury assessment. Dr. Ross conducted Independent Medical Examinations (IMEs), provided detailed biomechanical and diagnostic evaluations, and served as an expert witness in litigation involving motor vehicle trauma, ligament and disc injuries, and disputed causation. He produced comprehensive forensic reports and offered expert testimony supporting objective, evidence-based injury analysis.

President and Owner**Ross Clinics, P.A., Minneapolis, MN****1982 – 2004**

A multidisciplinary chiropractic and rehabilitation practice providing evidence-based spinal and musculoskeletal care. Dr. Ross founded and operated multiple clinical locations, delivering comprehensive biomechanical assessment, spinal correction, and rehabilitative therapy. He managed a broad spectrum of acute and chronic injury cases, supervised clinical staff, and developed integrative treatment protocols emphasizing functional restoration, patient education, and long-term spine health.

Adjunct Clinic Faculty

Northwestern Health Sciences University, Bloomington, MN **1988 – 2004**

Served as adjunct clinical faculty within the university's teaching clinic, providing hands-on instruction and supervision to chiropractic interns. Dr. Ross taught diagnostic evaluation, orthopedic and neurologic testing, treatment planning, and clinical decision-making, ensuring competency in evidence-based patient assessment and professional clinical procedures.

President and Owner

Minnesota Center for Rehabilitation, Minneapolis, MN **1993 – 2004**

A rehabilitation facility specializing in the treatment of spinal and soft-tissue trauma. Dr. Ross directed comprehensive rehabilitation programs focused on restoring functional capacity, reducing pain, and improving long-term musculoskeletal stability. He performed detailed biomechanical assessments, developed individualized treatment and exercise protocols, and coordinated patient care to support optimal recovery from accident-related injuries.

Teaching Assistant in Orthopedics

Northwestern Health Sciences University, Bloomington, MN **1981 – 1982**

Assisted in orthopedic instruction and student clinical training within the university's chiropractic program. Dr. Ross supported hands-on teaching in musculoskeletal assessment, diagnostic procedures, and foundational clinical skills for developing student clinicians.

Residency

Dr. Glenn Braatz, St. Louis Park, MN **1981 – 1982**

Completed a clinical residency focused on orthopedic assessment and spinal pathology. Dr. Ross received intensive hands-on training in musculoskeletal evaluation, differential diagnosis, and evidence-based management of spinal disorders under direct supervision.

Internship, Northwestern Health Sciences University

Robbinsdale Outpatient Clinic **1980 – 1981**

Completed a clinical internship with emphasis on diagnostic radiology, spinal rehabilitation, and musculoskeletal assessment. Dr. Ross performed supervised patient evaluations, contributed to treatment planning, and gained foundational experience in evidence-based chiropractic and rehabilitative care.

EDUCATION

Doctor of Chiropractic **1982**

Northwestern Health Sciences University, Bloomington, MN

Pre-Medical Studies – Biology **1978**

University of Minnesota, Minneapolis, MN

Fellowship **1991**

American Academy of Clinical Applied Spinal Biomechanical Engineering, Aragona Spinal Biomechanical Engineering Research Laboratory, Manchester, NH

Diplomate **1991**

American Academy of Pain Management

POST-DOCTORAL TRAINING

Post-Concussion Syndrome-Pro Credits Professional Learning (Dr. Charles Annunziata, DC, CFMP), **2026**

The Post-Concussion Syndrome course discusses post-concussive syndrome as it occurs after cranial impacts in sports, motor vehicle accidents, and other injuries that lead to or result from traumatic brain injuries and neurological complexities.

Medical Errors in Chiropractic Practice Part 1 and 2 (Dr. Todd Cielo, DC, CCEP), **2026**

Medical Errors in Chiropractic Practice is a practical, scenario-based course designed to help identify and prevent common errors.

Auto Crash Reconstruction — Spine Research Institute of San Diego (Arthur Croft, PhD, DC, MSc, MPH, FACO), 2025

Advanced training in motor-vehicle crash dynamics, occupant kinematics, delta-V estimation, and biomechanical injury mechanisms, with an emphasis on correlating crash data with clinical findings to support defensible medicolegal analysis.

Whiplash and Mild Traumatic Brain Injuries, Parts I & II — Spine Research Institute of San Diego (Arthur Croft, PhD, DC, MSc, MPH, FACO) 2025

Advanced coursework in whiplash biomechanics and TBI, covering cervical acceleration–deceleration mechanisms, neurophysiological injury patterns, clinical assessment, and medicolegal analysis for trauma-related brain and spinal injuries.

Certification in Pharmacogenomics — University of Pittsburgh School of Pharmacy 2022

Professional certification focused on clinical pharmacogenomics, genetic variant interpretation, and the application of PGx-guided medication management in patient care.

Certification in Integrative and Functional Medicine — Institute for Integrative and Functional Medicine 2014

Comprehensive training in systems-based clinical assessment, nutritional and lifestyle therapeutics, and evidence-informed functional medicine approaches to chronic disease management.

Certified, A.S.B.E. – Chronic Thoracic Spine

American Academy of Applied Spinal Biomechanical Engineering 1991

Advanced certification focused on thoracic spinal biomechanics, chronic injury mechanisms, functional assessment, and applied engineering principles for clinical evaluation.

Diplomate — American Academy of Pain Management 1991

Advanced postgraduate credential in interdisciplinary pain evaluation and management, emphasizing evidence-based assessment, treatment strategies, and functional outcome optimization for complex pain disorders.

Certified, A.S.B.E. – Anterior–Posterior Cervical Spine Biophysics

American Academy of Applied Spinal Biomechanical Engineering 1990

Specialized certification in cervical spine biophysics, focusing on anterior–posterior structural mechanics, injury analysis, and applied spinal engineering principles for clinical evaluation.

Certified, A.S.B.E. – Principles and Practice: The Science of Spinal Remodeling

American Academy of Applied Spinal Biomechanical Engineering 1989

Foundational certification in the biomechanical principles of spinal remodeling, emphasizing structural corrective methods, quantifiable engineering maneuvers, and evidence-based spinal stabilization concepts.

Certified, A.S.B.E. – Reducing Thoracic Biomechanical Instability

American Academy of Applied Spinal Biomechanical Engineering 1989

Specialized training in identifying, analyzing, and correcting thoracic spinal biomechanical instabilities using applied engineering principles and evidence-based stabilization methods.

Certified in Impairment Rating 1988

Specialized training in standardized impairment evaluation, including AMA-based rating methodology, functional assessment, and documentation for medicolegal and disability determinations.

Certified in Industrial Consulting 1988

Training focused on workplace injury evaluation, ergonomic assessment, occupational risk analysis, and developing prevention and return-to-work strategies within industrial and corporate environments.

ADVANCED CERTIFICATIONS

Certified in Clinical Practice 1982

Foundational clinical training in patient assessment, treatment planning, and evidence-based musculoskeletal care.

Certified in Clinical Roentgenology 1982

Certification in radiologic interpretation, including spinal and extremity imaging analysis for diagnostic and chiropractic applications.

Certified in Clinical Physiotherapy 1982

Training in physiotherapeutic modalities, rehabilitation principles, and functional restoration techniques.

Certified Meridian Therapy Clinician 1982

Credential in adjunctive meridian-based therapeutic methods and integrated clinical application.

Diplomate, National Board of Chiropractic Examiners 1981
National board diplomate status demonstrating comprehensive proficiency in chiropractic sciences, clinical evaluation, and diagnostic competency.

Certified Emergency Medical Technician 1981
EMT certification with training in emergency care, trauma response, and pre-hospital clinical management.

LICENSURE

California Board of Chiropractic Examiners – License No. DC29097 2004 – Present
Minnesota Board of Chiropractic Examiners – License No. 1852 1982 – 2007

PROFESSIONAL AFFILIATIONS & MEMBERSHIPS

Member | American Society of Biomechanics 2024 – Present
Member | California Chiropractic Association 2004 – Present
Active Member | California Board of Chiropractic Examiners 2004 – Present
Member | National Board of Chiropractic Examiners 1982 – Present
Member | American Academy of Pain Management 1991 – 2006
Member | Northwestern University of Health Sciences Alumni Association 1982 – 2004
Member | American Academy of Clinical Applied Spinal Biomechanical Engineering 1989 – 2001
Member | Foundation for Chiropractic Research and Education 1988 – 1999

PROFESSIONAL ASSOCIATIONS & LEADERSHIP POSITIONS

President | Health Care Associates, Ltd. 1990 – 2003
Committee Chair | Scientific Merit & Ethics Review Board, American Acad. of Pain Management 1990 – 2002
President | Minnesota Industrial Consultants, Inc. 1986 – 1999
Treasurer | Hennepin County Chiropractic Association 1982 – 1984
Chairman | Legislative Committee, Northwestern Health Sciences University 1980 – 1982

PROFESSIONAL COURSE DEVELOPMENT & TEACHING

Implementing Genetics and Pharmacogenomics Testing into a Cardiology Practice — Cygenex 2024
Presented practical methods for integrating genomic and PGx testing into cardiovascular care to optimize treatment personalization.

The Benefits of Implementing Genetics and Genomics into Primary Care Medical Practices — Cygenex 2022–2024
Lectured on the use of genetic and genomic testing in primary care to improve diagnostic precision, therapeutic targeting, and preventive health outcomes.

What It Means for Your Health and for Your Family's Health 2023
Educated healthcare professionals and patients on the clinical and hereditary implications of pharmacogenomic testing for individualized care.

Guide to Genetics and Health – Does It Run in the Family? 2023
Explained hereditary patterns of disease risk and the clinical applications of genetic screening in preventive and family health medicine.

Genetics for Healthcare Practitioners — Cygenex 2023
Developed a 72-hour professional program teaching the practical integration of genetics and pharmacogenomics into healthcare systems and employee benefit programs, including test interpretation, compliance, and implementation strategy.

Introduction to Genetics and Pharmacogenomics — Cygenex 2023
Delivered foundational instruction on genetic structure, inheritance patterns, and the clinical and ethical implications of genetic testing in modern healthcare.

Pharmacogenomics Testing in Healthcare — Cygenex	2023
Explained how genetic variation affects drug metabolism and therapeutic response, positioning PGx testing as a key tool in personalized medicine.	
Benefits of Genetics and Pharmacogenomics for Companies and Employees — Cygenex	2023
Presented the organizational advantages of integrating genetic and PGx programs, including improved wellness outcomes and reduced healthcare costs.	
Implementation and Compliance of Genetic Programs — Cygenex	2023
Reviewed the operational, ethical, and regulatory requirements for deploying and managing genetic and pharmacogenomic programs within healthcare settings.	
Improving Population Health with Pharmacogenomics — Cygenex	2023
Explored how PGx-guided prescribing enhances drug efficacy, reduces adverse drug reactions, and supports population-level health strategies.	
Translating PGx into Clinical Decisions — Cygenex	2023
Demonstrated how pharmacogenomic data can be converted into actionable, evidence-based clinical decisions at the point of care.	
The Genomics Era — Cygenex	2022
Reviewed advances in precision medicine and the expanding influence of genomics on diagnostics and therapeutics.	
Are You Prepared for Precision Medicine? — Cygenex	2022
Provided practical insight into pharmacogenomic testing and its role in improving clinical decision-making and patient outcomes.	
Improving Population Health with Pharmacogenetics — Cygenex	2021
Highlighted the impact of pharmacogenetic integration on treatment accuracy, therapeutic outcomes, and healthcare equity.	
Uncovering the Benefits of Genetics — Cygenex	2020
Delivered an overview of genetic applications driving personalized medicine, disease prevention, and health optimization.	
Introduction to Genetics and Nutrigenomics — Cygenex	2019
Authored and taught foundational instruction on genetic testing, nutrigenomics, and precision nutrition strategies.	
The Genomics Era: The Future of Genetics in Medicine — Cygenex	2018
Designed and instructed a comprehensive course on clinical genomics and its emerging role in personalized medicine.	
Purification and Rejuvenation	2015
Spoke on the physiological principles and health benefits of structured detoxification and metabolic restoration programs.	
The Integrative Medicine Hours Radio Show (26 Episodes)	2013 – 2014
Produced and directed a nationally streamed series highlighting advances in integrative and functional medicine.	
King Bio and SafeCareRx: The Science and Best Practices for Health Care Today	2013 – 2014
Presented professional education seminars on evidence-based homeopathy and integrative health practices.	
Environmental Pollutants: Can They Be Shortening Our Lives?	2014
Investigates the systemic effects of environmental toxins on the progression of chronic disease.	
The Three Pillars of Health – The Basic Foundation of Overall Well-Being	2013
A simplified framework for patient education and preventive care.	
Adrenal Exhaustion	2013
Clinical perspectives on stress physiology and hormonal resilience.	
“Body Talk” Radio (World Talk Radio, 32 Episodes)	2008 – 2010
Produced and hosted an educational broadcast featuring healthcare experts discussing health, wellness, and integrative medicine.	

Fight Chronic Pain and Fibromyalgia Without Dangerous Drugs	2006 – 2008
Delivered multi-venue presentations promoting nonpharmacological treatment strategies for chronic pain and fibromyalgia.	
Curing the Cause and Preventing Disease	2007
A new approach to diagnosing and treating chronic illness and aging through functional diagnostic medicine.	
Rebuilding Your Health	2008
A functional approach to the diagnosis and treatment of illness and aging.	
Feel Better Today... Live Healthier Tomorrow	2005 – 2006
Conducted public health seminars emphasizing lifestyle-based prevention and natural pain management.	
Diagnosing and Treating Fibromyalgia and Chronic Fatigue	2004
Reviewed diagnostic challenges and integrative management strategies for chronic pain and fatigue syndromes.	
Low Back Injuries: Diagnosis and Treatment in the Chiropractic Arena	2003
Discussed current diagnostic methods and evidence-based interventions for lumbar spine injuries.	
Minnesota Trial Lawyers Association	2000
Provided expert insight into spinal injury documentation and causation analysis in litigation contexts.	
Ridge Point Senior Community	1999
Presented on maintaining spinal mobility and pain reduction strategies for aging populations.	
Community Education Programs (Wayzata, Robbinsdale, and St. Louis Park School Districts)	1995 – 1996
Developed and taught community education courses on spinal health, injury prevention, and wellness care.	
Personal Injury and Auto Accidents: Effects on the Human Body	1994
Explored the biomechanical and physiological consequences of motor vehicle trauma and their medico-legal implications.	
Minnesota Trial Lawyers Association	1991
Delivered lectures on establishing standards of care and the role of chiropractic care in workers' compensation litigation.	
Health Care Group, Inc.	1989
Presented strategies for effectively managing workers' compensation cases through evidence-based chiropractic care.	

PUBLICATIONS, MONOGRAPHS, AND FORENSIC RESEARCH

Forensic Reviews in Spinal Trauma and Manipulation

Occurrence of Recurrent and Chronic Symptoms Following Cervical Soft-Tissue Trauma	2026
<i>Analysis of the progression from acute inflammation to central sensitization in WAD II-III cohorts. Integrates biomechanical thresholds with clinical correlates (DTI, QST, sEMG) to provide a "triangulation" framework for validating chronic symptoms in the absence of gross structural rupture.</i>	
Mechanisms of Hyperflexion / Hyperextension Injury Cervical Acceleration – Deceleration (CAD) Injury	2026
<i>A comprehensive examination of S-curve and C-curve deformation patterns during CAD events. Utilizes cadaveric and finite-element (FE) modeling data to define "subfailure" tissue thresholds and establish a reliability framework for medico-legal causation analysis under Rule 702/Daubert standards.</i>	
Cervical Manipulation and Arterial Dissection: Epidemiology, Mechanisms, and Forensic Implications	2026
<i>Synthesizes epidemiologic and biomechanical evidence regarding CeAD risk. Addresses protopathic bias and provides a forensic methodology for reconstructing symptom chronology to distinguish temporal association from medical probability.</i>	

Forthcoming Works

The 2026 Forensic Spine Manuscript by Dr. Steven B. Ross	2026
Currently authoring a comprehensive peer-reviewed manuscript, under the 2026 edition development. A collective reference, analyzing the biomechanics, causation, and medico-legal documentation standards of spinal trauma and related injury mechanisms.	

Substantiating, Documentation and Evidentiary Support of Soft-Tissue Injuries 2026
This manuscript integrates clinical biomechanics, diagnostic interpretation, and medicolegal documentation standards to establish reliable, defensible, and evidence-based substantiation of spinal and soft-tissue injuries. It applies a structured forensic methodology to validate injury mechanisms, support diagnostic findings, and meet the evidentiary requirements of expert analysis and formal documentation.

Documentation, Substantiation, and the Medico-Legal Nexus in Motor Vehicle Accidents 2026
Bridges clinical evidence and legal standards of admissibility under Daubert criteria to support forensic reliability and testimony.

Academic and Foundational Research

Whiplash Injury and Its Effect on the Human Spine — University of Minnesota, Dept. of Anatomy 1979 & 2023
Anatomical and biomechanical analysis of cervical acceleration–deceleration forces and their effects on spinal structures.

Traumatic Hyperextension / Hyperflexion Injury of the Cervical Spine 1981 & 2024
Presented a comparative review of cervical hyperflexion–hyperextension injury mechanisms and their clinical interpretation across chiropractic and medical disciplines.

Low Back Injuries: Diagnosis and Treatment in the Chiropractic Arena 2003
Provided a concise clinical framework for evaluating and treating low back injuries using biomechanical principles and chiropractic diagnostic methods.

Functional and Integrative Medicine Monographs

Curing the Cause and Preventing Disease 2007
Presented a functional diagnostic approach to identifying root causes of chronic illness and age-related decline.

Rebuilding Your Health 2008
Outlined functional strategies for diagnosing and treating chronic illness and supporting healthy aging.

Integrative and Functional Medicine for the 21st Century 2008
Advanced an evidence-based framework integrating holistic, preventive, and systems-oriented care.

Implementing Integrative Medicine into Your Practice 2011
Provided clinicians with practical methods for adopting personalized, integrative care models.

Diagnostic and Therapeutic Considerations in Chronic Pain, Fibromyalgia, and Chronic Fatigue Syndrome 2011
Reviewed multidisciplinary evaluation and management strategies for complex chronic pain and fatigue syndromes.

Heart Disease Prevention and Treatment 2012
Delivered a functional medicine perspective on cardiovascular risk reduction and therapeutic optimization.

Addressing Chronic Degenerative Diseases 2012
Focused on early detection, metabolic assessment, and functional interventions for degenerative conditions.

Nutrition for Senior Adults 2012
Reviewed nutritional principles that support longevity, metabolic health, and cognitive function in older adults.

The Three Pillars of Health 2013
Presented a simplified, actionable framework for patient education in preventive and lifestyle medicine.

Adrenal Exhaustion 2013
Explored stress physiology, adrenal function, and clinical strategies for restoring hormonal resilience.

Environmental Pollutants: Can They Be Shortening Our Lives? 2014
Examined the systemic impact of environmental toxins on chronic disease progression and long-term health.