

# LISA PAPENBROCK, D.C.

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## Professional Summary & Objective

Professional chiropractor specializing in **myofascial release** and **trigger point therapy** for diverse musculoskeletal conditions, with over 10 years experience.

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## Experience

Doctor of Chiropractic/Owner and Founder, October 2017 – Present  
Release and Restore Wellness Center  
3459 Butler Street, Pittsburgh, PA 15201

Doctor of Chiropractic/Associate, January 2008 – September 2017  
Cohen Trigger Point Center, formerly J. Cohen and Associates  
4627 Fifth Ave., Pittsburgh, PA 15213

- Specialized in **trigger point therapy** and **myofascial release techniques** to provide thorough treatment for patients suffering from a variety of musculoskeletal conditions
  - Executed traditional joint mobilization, flexion/distraction, therapeutic exercises, cold laser therapy, and therapeutic taping when applicable according to patients' condition and chief complaint
  - **Educated patients on self-care**, nutrition, home exercises, chronic pain and effects of chronic stress, utilized current research and **emphasized the philosophy of a balanced life** to maintain wellness
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## Teaching

Adjunct Instructor, January 2010 – Present  
New York Chiropractic College  
2360 New York 89, Seneca Falls, NY 13148

- Teaching introductory and advanced Receptor **Tonus (Nimmo) Technique** to chiropractic students and interns.
  - **Nimmo Technique** was established in the 1950s, laid the groundwork for many trigger point and myofascial techniques used today
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## Workshops & Seminars

Integrated Yoga Anatomy: An Overview of the Musculoskeletal and Nervous Systems  
One Point One Yoga | Pittsburgh, PA | April 2017 – Present

- Developed an **intensive 12-hour course** for **advanced-level**

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## Workshops & Seminars (continued)

**yoga instructor training** focusing on muscular anatomy, functions of the central nervous system, pain patterns and injury cycles, posture analysis, as well as physiological and neurological effects of yoga

Yoga Therapy and Meditation

One Point One Yoga | Pittsburgh, PA | August 2017 – Present

- Developed an **intensive 12-hour course for advanced-level yoga instructor training** focusing on the neurophysiological and musculoskeletal effects of **yoga and meditation** as well as the application of yoga and meditation as an adjunctive therapy on common diagnoses

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## Articles & Credits

T.K. Koo, J.H. Cohen, L. Papenbrock, Y.P. Zheng. A Mechano-Acoustic Identifier System for In-Vivo Measurement of Non-Linear Elasticity of Soft Tissues: Its Development, Reliability, and Application

- The WFC's 11th Biennial Congress, Rio de Janeiro, April 6-9, 2011. In: Clinical Chiropractic 14(4): 163, Dec 2011
- ACC-RAC Conference, Las Vegas, NV, March 17-19, 2011. In: J Chiropractic Education 25(1), 86. March 18, 2011.
- J Manipulative Physiol Ther. 2011; 34(9):584-93. (IF: 1.592)

T.K. Koo, J.H. Cohen, L. Papenbrock, Y.P. Zheng. Effects of Nimmo Receptor Tonus Technique on Muscle Elasticity, Pain Perception, and Disability in Subjects with Chronic Low Back Pain

- J Manipulative Physiol Ther. 2012; 35(1):45-53 (IF: 1.592)

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## Education

Doctorate of Chiropractic, November 2007

New York Chiropractic College, Seneca Falls, NY

- Magna Cum Laude

B.S. Life Sciences, May 2004

Pennsylvania State University, State College, PA

- Minor in Biology, Kinesiology