

**Dr. Cara L. Borggren**  
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EDUCATION

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*Northwestern Health Sciences University*  
**Graduate of Chiropractic Geriatrics Residency** **2009**

*Northwestern Health Sciences University, College of Chiropractic*  
**Doctorate of Chiropractic** **2006**  
**Bachelor of Science in Human Biology**

*Concordia University Wisconsin*  
**Completed first year of Freshman Entrance Program of Master's of** **2000-2001**  
**Physical Therapy**

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CERTIFICATES

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Certified Fellow of the Minnesota Area Geriatric Education Center **2008**

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PROFESSIONAL EXPERIENCE

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*New York Chiropractic College* **2010-present**  
**Faculty Clinician-Rochester Outpatient Health Center**  
**Faculty Clinician-Monroe Community Hospital**  
**Assistant Professor**

*Northwestern Health Sciences University*  
**Guest Lecturer** – “Health and the Older Person” **2007-2009**  
Presented 2 lectures to students, assisted in The Aging Game, and supported instructor with grading of projects.

**Adjunct Instructor** – “Physical Diagnosis labs, Cardiopulmonary labs, Methods 2 labs, EENT labs” **2006-2009**  
Assisted professors in leading respective labs and testing students.

**Instructor** – “Geriatrics Case Studies” elective **2007-2009**  
Developed syllabus and overall course structure.

**Facilitator** – “Case Studies Seminar” series **2008-2009**  
Lead discussions and critical thinking concepts with first-year chiropractic students regarding case studies.

*Pillsbury House Integrated Health Clinic* **2008 – 2009**  
**Chief of Staff**  
An innovative clinic, opened in conjunction with the University of MN, offering 6 disciplines—chiropractic, massage therapy, acupuncture and oriental medicine, medical and nurse practitioner students, and psychology & health coaching—as a free service to the underserved people of Minneapolis

*Wolfe-Harris Center for Clinical Studies*

**Research Fellow**

**2008-2009**

Pilot study to determine feasibility and reproducibility of implementation of chiropractic care, massage therapy, and acupuncture in the long term care setting

*Bloomington Natural Care Center*

*University Health Services*

*Cerenity Care Center on Humbolt*

**Clinician**

**2006-2009**

Patient care, primarily musculoskeletal conditions.

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PUBLICATIONS AND PAPERS

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- Borggren CL, Osterbauer PJ, Wiles MR. A Survey of Geriatrics Courses in North American Chiropractic Programs. *Journal of Chiropractic Education* 2009;23(1):28-35.
- Borggren CL. Pregnancy and Chiropractic: A Descriptive Review of the Literature. *Journal of Chiropractic Medicine* 2007;6(2):70-74.
- Major CC, Borggren CL, DeVries RM. Traumatic Hand Fracture in a Patient with Osteogenesis Imperfecta. *Journal of Chiropractic Medicine* 2009;7(4):155-160.
- Borggren CL. Evidence-Based Chiropractic Practice by Michael T. Haneline. *Journal of the Canadian Chiropractic Association* 2007;51(3).
- Borggren CL. Complementary Medicine in Clinical Practice by David P. Rakel. *Journal of the Canadian Chiropractic Association* 2007;51(3).

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MEMBERSHIPS

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- American Chiropractic Association, Member
- Minnesota Chiropractic Association, Member
- Northwestern Health Sciences University Alumni Association, Member