

# 2024 TBI Doctor Guide

*Curated by Amy Zellmer*



# Hello!



Hi, I'm Amy Zellmer. I suffered a TBI in 2014 after a slip and fall on black ice.

I have curated this TBI Doctor Guide in an effort to help you find the proper providers and treatment sooner in your recovery. There truly are doctors out there that know how to treat TBI and will listen to you and give you HOPE ... and I have compiled some of the best in this guide for YOU.

In addition to the Doctor Guide, be sure to check out my podcast, books, and the Concussion Discussions summit on the pages that follow.

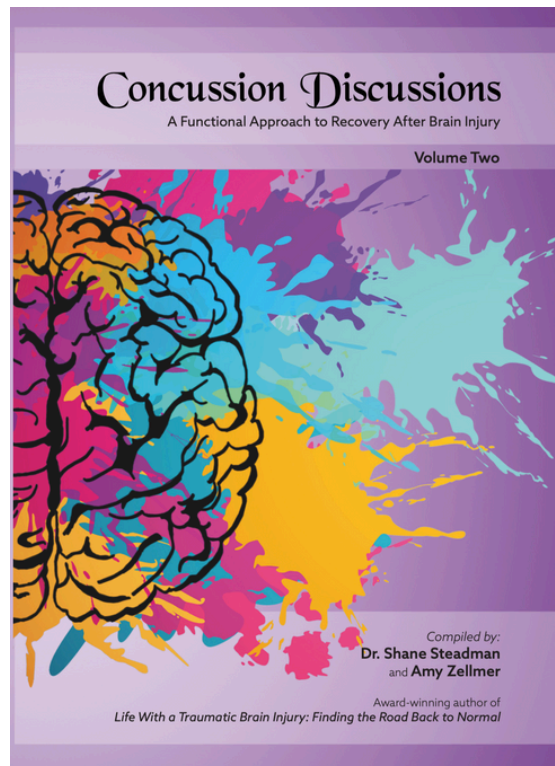
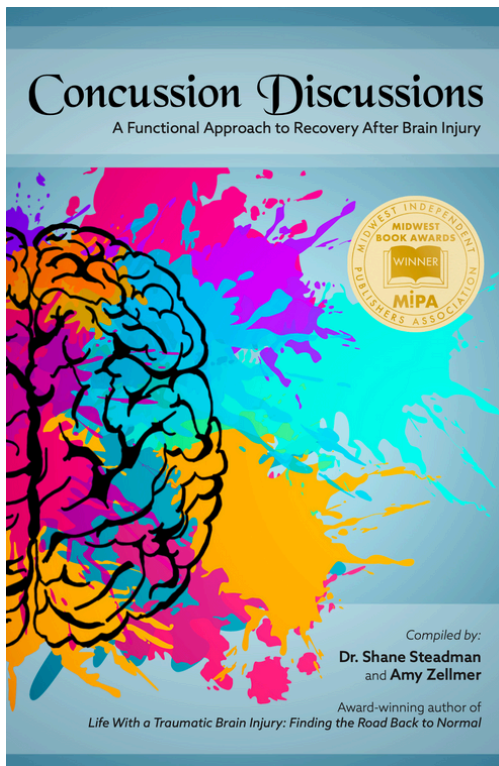
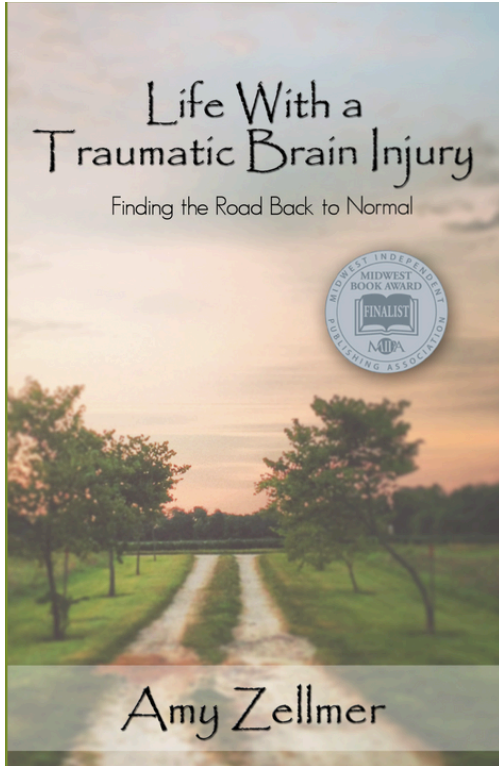
Peace & Glitter  
**Amy Zellmer**

Faces of TBI  
#NOTINVISIBLE

**Click on any of the images that follow to learn more**

**[www.facesoftbi.com](http://www.facesoftbi.com)**

# BOOKS





# PODCAST



Amy hosts a podcast series dedicated to traumatic brain injury (TBI) awareness. Created by survivors for survivors, raising awareness about TBI one podcast at a time.

In this series you will hear from survivors, caregivers, medical professionals, and others!

Our goal is to continue to bring more awareness to TBI, as well as help educate and unite fellow TBI survivors.

With over 3,000 downloads per month, it is in the top 5% of podcasts worldwide, and is the top podcast for concussion and TBI resources. Thank you to our loyal listeners and amazing guests for making this podcast a popular choice!

[www.facesoftbi.com](http://www.facesoftbi.com)

# CONCUSSION DISCUSSIONS



In this interview series, you will hear from a dozen experts who are answering real questions that YOU, the viewer, have asked about concussion recovery!

Season Three is over – But don't worry – you can purchase the All Access Pass for lifetime viewing access, PLUS all of the past Concussion Discussions videos as well!

This series is designed for concussion patients, survivors, caregivers, loved ones, and professionals alike! Join us for this FREE, virtual series by registering with your email NOW!

Register now for FREE: [www.concussiondiscussions.com](http://www.concussiondiscussions.com)

Season Four Coming Fall 2024!

# ACCESSIBLE CHAIR YOGA



Join me for weekly Accessible Chair Yoga classes via zoom for only \$10/month.

These classes are gentle and can be done seated in a chair ... or you can choose to stand if you prefer. They are designed to get you moving and connecting to your breath, as well as being a part of a community -- consider this your support group ;)

No prior yoga experience is necessary to participate.

[www.patreon.com/amyzellmer](http://www.patreon.com/amyzellmer)



# CHAIR YOGA BOOK & CARD DECK



Whether you're completely new to yoga, or you want to learn a gentler, more accessible way of doing yoga, or you have been teaching yoga for years ... this book is ideal for bringing you the basics of chair yoga.

There is already too much of a stigma around yoga that you have to be skinny and bendy, and able to get into impossible poses to participate. That is most certainly not true. Remember, asana is only one limb of yoga, and is often the first way folks experience it. If we can make it more accessible to everyone, we have an opportunity to raise the collective vibration of the Universe, while empowering the student to THRIVE.

Additionally, I have just added the Chair Yoga Card Deck ... with 23 beautiful cards, it is an ideal companion for yogis and teachers alike! Use it to create classes, learn chair poses, or layout your own personal practice.

You will also receive TWO chair yoga videos to complement the book when you purchase directly through me with the link above!

[www.facesoftbi.com](http://www.facesoftbi.com)

# TBI TV



A YouTube channel just for TBI survivors and their loved ones. These short videos highlight many of the symptoms and situations that I have dealt with over the years, and different things that have helped me along the way.



# DOCTOR GUIDE

2024 Doctor Guide Curated by Faces of TBI [www.facesoftbi.com](http://www.facesoftbi.com)

Clinic Name	Doctor's Name	Clinic Phone	City	State	Website	Clinic Email
Calgary Brain + Spine	Dr Fiona Lowley	403-278-1405 +61 401 973530	Calgary, Alberta	AB	<a href="http://calgarybrainandspine.com">calgarybrainandspine.com</a>	<a href="mailto:info@calgarybrainandspine.com">info@calgarybrainandspine.com</a>
Brain Hub	Dr Carlo Renato PND BMedSci(Hon) MChiro (CSSD) DACNB, FIBRN, CND, FACC Stephanos	402724098	Gladesville, Sydney	AU	<a href="http://www.brainhub.com.au">www.brainhub.com.au</a>	<a href="mailto:Admin@brainhub.com.au">Admin@brainhub.com.au</a>
South Side Functional Chiropractic		408-585-5275	Sydney	AU	<a href="https://www.ssfncfunctionalchiro.com/">https://www.ssfncfunctionalchiro.com/</a>	<a href="mailto:info@ssfnfunctionalchiro.com">info@ssfnfunctionalchiro.com</a>
Norcal Brain Center	Mimi Tian, DC DACNB	509-635-8286	San Jose	CA	<a href="http://www.norcalbrain.com">www.norcalbrain.com</a>	<a href="mailto:info@norcalbrain.com">info@norcalbrain.com</a>
Synergy Chiropractic & Natural Health	Jay Hobbs, DC, DACNB, CRMP	4156533800	Vacata	CA	<a href="http://www.kissasymmetry.com">www.kissasymmetry.com</a>	<a href="mailto:brheshth@kissasymmetry.com">brheshth@kissasymmetry.com</a>
Azolino Clinic - Function Neurology and Advanced Medicine	Sergio F. Azolino, DC, DACNB, FACFN, FABCCO	562-799-9159	San Francisco	CA	<a href="http://Azolino.com">Azolino.com</a>	<a href="mailto:info@azolino.com">info@azolino.com</a>
Southern California Brain Center	Julie Brown DC, MS-QNeuroSci, DACNB, FABBR	510-780-4599	Los Alamitos	CA	<a href="http://socialbraincenter.com">socialbraincenter.com</a>	<a href="mailto:socialbraincenter1@gmail.com">socialbraincenter1@gmail.com</a>
Nexus Brain Center	Daniel J Perrain, DC, DACNB	303-841-9665	Hayward	CA	<a href="http://NexusBrainCenter.com">NexusBrainCenter.com</a>	<a href="mailto:Neuro@nexus.tdu">Neuro@nexus.tdu</a>
Parker Integrative Health	Paola Perrone DC, FIBRN, CND, BCN, CRNP	7204433023	Parver	CO	<a href="http://www.parkerintegrativehealth.com">www.parkerintegrativehealth.com</a>	<a href="mailto:FrontDesk@parkerintegrativehealth.com">FrontDesk@parkerintegrativehealth.com</a>
Delta S Performance	Michael Lovich DC MS DACNB DACBSP	719-208-4314	Broomfield	CO	<a href="http://www.deltasperformance.com">www.deltasperformance.com</a>	<a href="mailto:FrontRange@deltsasperformance.com">FrontRange@deltsasperformance.com</a>
Delta S Performance	Carly Hudson DC	7204433023	Denver	CO	<a href="http://www.deltasperformance.com">www.deltasperformance.com</a>	<a href="mailto:FrontRange@deltsasperformance.com">FrontRange@deltsasperformance.com</a>
Peak Brain Performance Centres	Mathew Sham DC DACNB	800-676-9660	Colorado Springs	CO	<a href="http://PeakBrainPerformanceCentres.com">PeakBrainPerformanceCentres.com</a>	<a href="mailto:info@peakbrainperformancecentres.com">info@peakbrainperformancecentres.com</a>
Schlar Chiropractic Neurology, LLC	David Schlar, DC, DACNB, FABBR, FABNN, CCSP	450980627	Aven	CT	<a href="http://www.davidvschlar.com">www.davidvschlar.com</a>	<a href="mailto:info@davidvschlar.com">info@davidvschlar.com</a>
Dennis Frisch Consulting	Dennis Frisch	35345146456	Roskilde	DK	<a href="http://www.dennisfrisch.dk">www.dennisfrisch.dk</a>	<a href="mailto:dennisfrisch@gmail.com">dennisfrisch@gmail.com</a>
Chrydenius Neuro-Kiropraktika	Dr. Roope Chrydenius	321-300-3113	Helsinki	FI	<a href="http://www.neurokioipraktika.com">www.neurokioipraktika.com</a>	<a href="mailto:roopec@gmail.com">roopec@gmail.com</a>
Orlando Chiropractic Neurology Center	Manuel Soto, DC, DIBCN, BCN, CSNS	2389951355	Orlando	FL	<a href="http://www.OrlandoChiropracticNeurology.com">www.OrlandoChiropracticNeurology.com</a>	<a href="mailto:Admin@orlandochironeuro.com">Admin@orlandochironeuro.com</a>
Healthysell Institute	Waldo Amado DC	561-444-7518	Bonita Springs	FL	<a href="https://healthysellinstitute.com/">https://healthysellinstitute.com/</a>	<a href="mailto:support@healthysellinstitute.com">support@healthysellinstitute.com</a>
Neuroplasticity St Pete	Joan Silver DC, DACNB	727-202-8006	St. Petersburg	FL	<a href="http://www.neuroplasticityinstitute.com">www.neuroplasticityinstitute.com</a>	<a href="mailto:Admin@neuroplasticityinstitute.com">Admin@neuroplasticityinstitute.com</a>
Neuroplasticity Wellness Institute	David Traiser DC MS DACNB FABBR FABVR CCSP PAK	561-444-7518	Boca Raton	FL	<a href="http://www.neuroplasticitywellnessinstitute.com">www.neuroplasticitywellnessinstitute.com</a>	<a href="mailto:palmbeachneurocenter@gmail.com">palmbeachneurocenter@gmail.com</a>
palmbeachneurocenter@gmail.com	Dr. Tereasa Heatonova, HBSc, DC, DACNB	+33 1 47 07 02 80	Wellington	FR	<a href="https://paris-chiropratique.com">https://paris-chiropratique.com</a>	<a href="mailto:dr@paris-chiro@gmail.com">dr@paris-chiro@gmail.com</a>
Paris-Chiropratique	Daria Amani, DC, DACNB	7706444288	Paris	FR	<a href="https://paris-chiropratique.com">https://paris-chiropratique.com</a>	<a href="mailto:dr@paris-chiro@gmail.com">dr@paris-chiro@gmail.com</a>
The NeuroLIFE Institute	Dr. Dominic Feinley, DC, DACNB	7706444288	Marineta	GA	<a href="http://www.neurolifeinstitute.com">www.neurolifeinstitute.com</a>	<a href="mailto:nluy@neurolife.edu">nluy@neurolife.edu</a>
Georgia Chiropractic Neurology Center	Marc Ellis D.C. MS NMT, DACNB, FACFN, FABBR	7706444288	Marineta	GA	<a href="http://www.georgiachiropracticneurologycenter.com">www.georgiachiropracticneurologycenter.com</a>	<a href="mailto:dr@geochironeuro.com">dr@geochironeuro.com</a>
Eward Health Essentials	Sophie Hoop, DC, MS, CCSP	815200812	Rockford	IL	<a href="http://www.ewardhealthessentials.com">www.ewardhealthessentials.com</a>	<a href="mailto:info@ewardhealthessentials.com">info@ewardhealthessentials.com</a>
Mind Eye Institute	Chris Shah, D. C.	847-501-5200	Rockford	IL	<a href="http://www.mindeye.com">www.mindeye.com</a>	<a href="mailto:info@mindeye.com">info@mindeye.com</a>
Visual Symptoms Treatment Center	Deborah Zelinsky, O.D.	847-255-1040	Northbrook	IL	<a href="http://www.visualsymptomstreatmentcenter.com">www.visualsymptomstreatmentcenter.com</a>	<a href="mailto:drdeborah@visualsymptomstreatment.com">drdeborah@visualsymptomstreatment.com</a>
機能神経カレントロジー	Suvarnu Iwata, D.C., D.A.C.N.B.	011-688-8146	Aurippon Heights	JP	<a href="https://www.firochio.com/">https://www.firochio.com/</a>	<a href="mailto:info@firochio.com">info@firochio.com</a>
MadCoast Chiropractic Neurology, LLC	Dr Elizabeth McNally, DC, DACNB, FABCCO, FABBR, FABVR	207-406-4874	Brunswick	ME	<a href="http://www.madcoastbrain.com">www.madcoastbrain.com</a>	<a href="mailto:info@madcoastbrain.com">info@madcoastbrain.com</a>
Great Lakes Functional Neurology	Christopher Stas, DC, DACNB, FABBR, CRMP	6169581-1558	Grand Rapids	MI	<a href="http://www.greatlakesneurology.com">www.greatlakesneurology.com</a>	<a href="mailto:info@greatlakesneurology.com">info@greatlakesneurology.com</a>
The Neural Connection	Dr. Erik Fries DC, DACNB, CBIS	952-898-4450	Edina	MN	<a href="https://theneuralconnection.com/">https://theneuralconnection.com/</a>	<a href="mailto:info@theneuralconnection.com">info@theneuralconnection.com</a>
The Neural Connection	Dr. Michael Herens	952-592-0833	Minneapolis	MN	<a href="http://www.theneuralconnection.com">www.theneuralconnection.com</a>	<a href="mailto:info@theneuralconnection.com">info@theneuralconnection.com</a>
THE NEURAL CONNECTION	Dr. Thompson Mawala	952-898-4450	Edina	MN	<a href="http://www.theneuralconnection.com">www.theneuralconnection.com</a>	<a href="mailto:dr@theneuralconnection.com">dr@theneuralconnection.com</a>
APEX Brain Centers	Michael S. Trayford, DC, DACNB, BCN	828-708-5274	Arden	NC	<a href="http://www.apexbraincenters.com">www.apexbraincenters.com</a>	<a href="mailto:info@apexbraincenters.com">info@apexbraincenters.com</a>
Neuro Integrative Health	Gregory Frick, DC DACNB	6084832143	Rosemont	NJ	<a href="http://www.neurointegrativehealth.com">www.neurointegrativehealth.com</a>	<a href="mailto:drfrick@neurointegrativehealth.com">drfrick@neurointegrativehealth.com</a>
Morrough Functional Neurology Center	Ado R. Scopelliti, DC, DACNB, DABVR	732-229-5250	Easton	NJ	<a href="http://www.drscopelliti.com">www.drscopelliti.com</a>	<a href="mailto:FrontDesk@drscopelliti.com">FrontDesk@drscopelliti.com</a>
Northwest Functional Neurology	Jeffrey McNally DC, DACNB	5039504528	Lake Oswego	OR	<a href="https://www.northwestfunctionalneurology.com/">https://www.northwestfunctionalneurology.com/</a>	<a href="https://www.northwestfunctionalneurology.com/">https://www.northwestfunctionalneurology.com/</a>
Framework Functional Psychiatry and TMS	Shaura Hahn, PHMNP, CBIS	503-975-7166	Lake Oswego	OR	<a href="https://www.framework-ps.com/">https://www.framework-ps.com/</a>	<a href="mailto:info@framework-ps.com">info@framework-ps.com</a>
Landmark Family Chiropractic	Dr Andrew Brody DC, FABVR	215-693-5488	Yardley	PA	<a href="http://Lfgfamily.com">Lfgfamily.com</a>	<a href="mailto:info@lfgfamily.com">info@lfgfamily.com</a>
Chiropractic Specialists of Pittsburgh	James R. Dillano, DC, CCST, FABBR	724-733-4700	Pittsburgh	PA	<a href="http://Pittsburghchiro.com">Pittsburghchiro.com</a>	<a href="mailto:info@pittsburghchiro.com">info@pittsburghchiro.com</a>
Chiropractic Specialists of Pittsburgh	Adam Harcourt, DC, DACNB, FACFN, FABVR	717-483-8734	York	PA	<a href="http://www.yorkneuro.com">www.yorkneuro.com</a>	<a href="mailto:BestOfHills@yorkneuro.com">BestOfHills@yorkneuro.com</a>
Chiropractic Specialists of Pittsburgh	Dr Martin Laherewa, DC, DACNB	450-967-0500	Lavel	QC	<a href="http://www.chiroclinic.ca">www.chiroclinic.ca</a>	<a href="mailto:info@chiroclinic.ca">info@chiroclinic.ca</a>
Fraud Clinic	Patrick Fraud, BSc, DC, DACNB	514-483-3444	Montreal	QC	<a href="http://www.cliniquefraud.ca">www.cliniquefraud.ca</a>	<a href="mailto:info@cliniquefraud.ca">info@cliniquefraud.ca</a>
Arlington Chiropractic Neurology Center	Michael Combs, DC, DACNB, FACFN	817-419-6881	Arlington	TX	<a href="https://ChiroNeurology.com">https://ChiroNeurology.com</a>	<a href="mailto:FrontDesk@ChiroNeurology.com">FrontDesk@ChiroNeurology.com</a>
Vista Physical Therapy	Dr Eric Spencer, DPT	6723-347-9460	Little Elm	TX	<a href="https://www.vistaphysicaltherapy-little-elm-tx.com/">https://www.vistaphysicaltherapy-little-elm-tx.com/</a>	<a href="mailto:EspinozaE@vistaphis.com">EspinozaE@vistaphis.com</a>
Newland Chiropractic & Neurology Centre	Daren Barnes-Heath DC	+44 1522 539450	Linchin	UK	<a href="https://www.newlandchiropractic.co.uk/services/neuro-rehab/">https://www.newlandchiropractic.co.uk/services/neuro-rehab/</a>	<a href="mailto:Reception@newlandchiropractic.co.uk">Reception@newlandchiropractic.co.uk</a>
Neuro Frontiers	Germa Hebertson	441786884590	Salisbury, UK	UK	<a href="http://www.neurofrontiers.org">www.neurofrontiers.org</a>	<a href="mailto:info@neurofrontiers.org">info@neurofrontiers.org</a>
The Neuro Clinic	Kenneth Oliver	801-682-3522	Lahi	UT	<a href="http://TheNeuroClinic.org">TheNeuroClinic.org</a>	<a href="mailto:Office@neuroclinic.com">Office@neuroclinic.com</a>
Mid-Atlantic Brain & Neurological Rehabilitation	Dr Bruce Jackson DC, FACFN, FABBR	240-766-8881	Silver Spring	VA	<a href="http://www.MABRN.com">www.MABRN.com</a>	<a href="mailto:info@abrain.com">info@abrain.com</a>
Pinto Innovative Health & Wellness	Lynn M Carlson DC, DACNB, FACFN, FABBR	(757) 220-8552	Williamsburg	VA	<a href="http://www.healthwithpinto.com">www.healthwithpinto.com</a>	<a href="mailto:ContactUs@healthwithpinto.com">ContactUs@healthwithpinto.com</a>

# Next Steps...

I know how challenging it can be to get back to a “new normal” way of life, but I also believe in the power of positivity and gratitude. I know that sometimes we just need someone to talk to, or hold our hand or offer us a shoulder to lean on..... and we need lots of encouragement and praise! ..... and that’s what I am here to offer you through my **Mentorship Program!**

We can talk about a variety of things, including: coping with deficits (memory, etc), interacting with new friends, finding support groups, getting back to work, and so much more. If you’re a caregiver, we can talk about things like what to expect as they continue to heal, how YOU can cope and keep yourself healthy, etc. Additionally, if you’re trying to write your book/blog I can help keep you on track and walk you through the processes.

We will include self-care and wellness into our sessions, which may include yoga, Reiki, mindfulness, EFT (emotional freedom technique), or meditation. You will get the most out of our time together if you practice regular self-care, and I am here to teach you the tools! The only catch is that you have to promise to make an effort to stay positive and grateful. Of course, you can vent, as long as you make it a priority to get rid of the negative thinking 😊

**Amy Zellmer**

Faces of TBI

[www.instagram.com/amyzellmer](https://www.instagram.com/amyzellmer)

[www.facebook.com/amyzellmer](https://www.facebook.com/amyzellmer)

Amy’s TBI Tribe on FB



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SESSION NOW](#)