

DR. MATT FONTAINE

SPORTS CHIROPRACTOR/CLINIC DIRECTOR/AUTHOR



TRANSFORMING HOW THE WORLD MOVES
ONE PATIENT AT A TIME

CONTACT

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CAREER HIGHLIGHTS

- Chiropractic Physician & A.R.T. provider for two Major League Baseball (MLB) teams—Philadelphia Phillies & Toronto Blue Jays
- Professionally trained at one of the country's leading spine care facilities—Texas Back Institute
- A.R.T. provider on IRONMAN Performance Care team in Florida and numerous major Triathlon races nationwide.

EDUCATION

Doctor of Chiropractic

National University of Health Sciences, IL 2000

Residency

Texas Back Institute, TX 2000

B.S. in Human Biology

National University of Health Sciences, IL 1998

B.S. Health Studies

Quinnipiac University, CT 1997

PROFILE

- Board certified Doctor of Chiropractic Medicine with over 20+ years of clinical experience delivering quality patient care by combining Chiropractic, Sports Medicine Protocols, Active Release Techniques® (A.R.T) and corrective exercise.
- Founded and operated, two Physical Medicine and Rehabilitation clinics (FL & VA), both dedicated to restoring patient health and wellness by providing comprehensive interdisciplinary care in physical sports medicine, rehabilitation, nutrition, and athlete performance services.
- Extensive professional/amateur sports experience as a Chiropractic Physician and A.R.T provider ranging from Major League Baseball Clubs, Ironman/Triathlon Events, Mixed Martial Arts (MMA), and CrossFit.
- Former collegiate baseball player and an avid athlete, Dr. Fontaine has completed over 30 Triathlons including, IRONMAN 70.3 Timberman, St. Anthony's Triathlon, and Daytona Frogman. He is also active in his community supporting Fairfax County Fire & Rescue as a volunteer Emergency Medical Technician (EMT)/Firefighter.
- Dr. Fontaine is an active blogger/writer who is currently in final stages of writing a book called "Only One Body" due out early 2021.

PROFESSIONAL

PRESENT

FOUNDER & CLINIC DIRECTOR

POTOMAC PHYSICAL MEDICINE | OLD TOWN ALEXANDRIA, VA

Founded in August 2014, this clinic provides interdisciplinary care in physical sports medicine, rehabilitation, nutrition, and athlete performance services. The clinic is primarily geared towards an athletic and active population with a special focus conservative care of musculoskeletal injuries in a truly functional integrative manner. **HIGHLIGHTS:** Our mission is to maximize each individual's physical abilities by providing integrated care to help our patients attain sustained success.

2014

CHIROPRACTIC PHYSICIAN & A.R.T. PROVIDER

POSITIVIELY CHIROPRACTIC | ANNADALE, VA

A member of a physician group in a clinic geared towards an athletic and active patient population. Patient management focused on sports & physical medicine. **HIGHLIGHTS:** Oversaw the implementation of various internal initiatives aimed at ensuring Federal compliance and improving patient care.

2012

CHIROPRACTIC PHYSICIAN & A.R.T. PROVIDER

CAPITOL REHAB of ARLINGTON | ARLINGTON, VA

Located near Washington DC, Dr. Fontaine joined this modern rehabilitation and wellness clinic specializing in chiropractic care, physical therapy, massage therapy, nutrition, student athletics, and sports performance training. **HIGHLIGHTS:** Led clinic outreach initiatives and established working partnerships with local high school athletic departments and community sports associations (e.g. DC Tri Club).

2011

FOUNDER & CLINIC DIRECTOR

TRI-CORE PERFORMANCE THERAPY | ST. PETERSBURG, FL

Founded in 2007 in cooperation with Carillon Sports & Family Medicine inside St. Anthony's Carillon Outpatient center, Tri-Core Performance Therapy joined the Baycare Health system. This practice focused on sports medicine, rehabilitation, athletic and sports performance. **HIGHLIGHTS:** Dr. Fontaine played a vital role in the integration of Chiropractic Medicine within an allopathic medical outpatient center and elevating the role of chiropractic within the healthcare system.

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ACTIVE CERTIFICATIONS

Emergency Medical Technician (EMT)

Since 2012

Active Release Technique (A.R.T.)

Full Body Certified, Since 2004

Graston Technique Certified Provider

Since 2012

Certified Health Fitness Specialist

American College of Sports Medicine

Dry Needling Certifications

Since 2014

CONTENT CREATION

Author/Blogger

www.potomacphysicalmedicine.com/resources

Author | ACA News December 2014

Shoulder Impingement Syndrome

Author | Triathlete Magazine June 2014

Rebound Right-Triathlon Injury Prevention

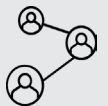
Contributor | Triathlete Magazine April 2014

Post Run Roll Out - Jené Shaw - Special Ed.

Podcasts | Various

www.potomacphysicalmedicine.com/podcasts

COLLABORATIONS



Better patient outcomes come from a collaborative approach - we are the link between all types of care:

Surgical Referral Network | Spanning orthopedics and neuro surgery

Military DOD/ Veteran Affairs | Serving patients

Regenerative Medicine Providers

Sports Performance | Highschool/ collegiate athletic programs, Sports Associations, & Community Sports Programs, etc.

Further Details: www.potomacphysicalmedicine.com



Manipulative Therapy

Active Release Techniques (A.R.T)



Physician Contributor, Triathlete Magazine June 2014, Jené Shaw Special Edition



Orthopedic / Surgical Referral Network

Regenerative Medicine / Stem Cell Therapy