

# *Curriculum Vitae*

## **Tyler M. Ideus, D.C.**

### **Education**

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Doctorate of Chiropractic  
Logan College of Chiropractic  
Chesterfield, MO

Dec. 2010

Bachelor of Science, Exercise Science  
Nebraska Wesleyan University  
Lincoln, NE

May 2007

### **Experience**

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Physical Medicine Specialist, Owner  
Lincoln Performance and Sports Medicine  
Lincoln, NE

Sept. 2019 - Present

International Lead Instructor  
Dynamic Neuromuscular Stabilization  
Prague School of Rehabilitation  
Prague, Czech Republic

July 2017 - Present

Assistant Instructor  
Dynamic Neuromuscular Stabilization  
Prague School of Rehabilitation  
Prague, Czech Republic

Jan. 2015 - July 2017

Chiropractic Physician  
Synergy Spine & Joint Center  
Lincoln, NE

Aug. 2013 - Aug. 2019

Chiropractic Physician  
Havelock Chiropractic Center  
Lincoln, NE

Feb. 2011 - July 2012

Chiropractic Intern: 300 hours  
Winchester - Hilgefert Spine & Joint Center  
Moscow Mills, MO

Sept. 2010 - Dec. 2010

Physical Therapy Tech  
Midwest Physical Therapy  
Lincoln, NE

May 2005 - Nov. 2006

Athletic Trainer: 600 hours  
Nebraska Wesleyan University  
Lincoln, NE

Jan. 2004 - May 2005

### **Extra Curricular**

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Varsity Men's Basketball  
Nebraska Wesleyan University  
Lincoln, NE

Fall 2003 - May 2007

### **Instruction**

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*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
September 2019 | Austin, TX

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise II*  
Instructor  
September 2019 | Cincinnati, OH

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
July 2019 | Lincoln, NE

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
March 2019 | Kansas City, MO

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
March 2019 | Cincinnati, OH

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
December 2018 | Santa Cruz, CA

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
September 2018 | Santa Barbara, CA

*Dynamic Neuromuscular Stabilization According to Kolar | Clinical A*  
Instructor  
July 2018 | Shanghai, China

*Dynamic Neuromuscular Stabilization According to Kolar | Clinical A*  
Instructor  
July 2018 | Guangzhou, China

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise II*  
Instructor  
July 2018 | Lincoln, NE

*Dynamic Neuromuscular Stabilization According to Kolar | Clinical A*  
Instructor  
June 2018 | Montreal, Canada

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
June 2018 | Ottawa, Canada

*Introduction to Dynamic Neuromuscular Stabilization According to Kolar*  
*Canadian National Chiropractic Convention*  
Instructor  
March 2018 | Calgary, Canada

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise II*  
Assistant Instructor  
April 2018 | Denver, CO

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
May 2018 | Lincoln, NE

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
February 2018 | Cincinnati, OH

*Dynamic Neuromuscular Stabilization According to Kolar | Pediatrics*  
Instructor  
September 2017 | Chicago, IL

*Dynamic Neuromuscular Stabilization According to Kolar | Clinical A, Exercise I, Exercise I*  
Instructor  
August 2017 | Nanjing and Beijing, China

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
July 2017 | Denver, CO

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
July 2017 | Lincoln, NE

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Assistant Instructor  
January 2017 | Chicago, IL

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise III*  
Assistant Instructor  
September 2016 | Columbus, OH

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
August 2016 | Lincoln, NE

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
July 2016 | Denver, CO

*Dynamic Neuromuscular Stabilization According to Kolar | Exercise I*  
Instructor  
October 2015 | Portland, OR

*Dynamic Neuromuscular Stabilization According to Kolar | Courses B & C*  
Assistant Instructor with: Pavel Kolar, P.T., Paed. Dr., Ph.D.; Alena Kobesova, M.D., Ph.D.;  
Brett Winchester, D.C.  
January 2015 | Kansas City, MO

### **Additional Education**

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*Dynamic Neuromuscular Stabilization According to Kolar | Instructor Course*  
August 2019 | University Hospital of Motol, Prague, Czech Republic  
32 hours of course study

*Active Release Technique Recertification*  
July 2019 | Omaha, NE  
8 hours of course study

*Musculoskeletal Diagnostic Ultrasound*  
June 2019 | Lincoln, NE  
32 hours of course study

*P3 Performance Data Analysis*  
May 2019 | Santa Barbara, CA  
12 hours of course study

*Dynamic Neuromuscular Stabilization According to Kolar | Instructor Course*  
August 2016 | University Hospital of Motol, Prague, Czech Republic  
32 hours of course study

*Postural Restoration Institute (PRI): Vision*  
Instructor: Ron Hruska, P.T.; Heidi, Wise, O.D.  
February 2016 | Mercy Hospital, St. Louis, MO  
16 hours of course study

*Postural Restoration Institute (PRI): Advanced Integration*  
Instructor: Ron Hruska, P.T.  
December 2015 | Postural Restoration Institute, Lincoln, NE  
30 hours of course study

*Postural Restoration Institute (PRI): Cervical Revolution*  
Instructor: Ron Hruska, P.T.  
May 2015 | Postural Restoration Institute, Lincoln, NE  
16 hours of course study

*Postural Restoration Institute (PRI): Pelvis Restoration*  
May 2015 | Home Study  
15 hours of course study

*Postural Restoration Institute (PRI): Impingement and Instability*  
Instructor: Ron Hruska, P.T.  
January 2015 | Postural Restoration Institute, Lincoln, NE  
16 hours of course study

*Active Release Technique (ART) Recertification*  
December 2015 | Chicago, IL  
24 hours of course study

*Functional Dissection of the Olympic Lifts*  
Instructor: Richard Ulm, D.C.  
November 2014 | Lincoln, NE  
16 hours of course study

*Dynamic Neuromuscular Stabilization According to Kolar | Scoliosis*  
July 2014 | Davenport, IA  
12 hours of course study

*Shoe Fit Certification*  
July 2014 | Home Study  
16 hours of course study

*Postural Restoration Institute (PRI): Myokinematic Restoration*  
July 2014 | Home Study  
16 hours of course study

*Selective Functional Movement Assessment*  
April 2014 | Chicago, IL  
16 hours of course study

*Postural Restoration Institute (PRI): Postural Respiration*

Instructor: Ron Hruska, P.T.

December 2013 | Postural Restoration Institute, Lincoln, NE

12 hours of course study

*Active Release Technique: Upper Extremity*

Instructor: Michael Leahy, D.C.

September 2013 | San Diego, CA

24 hours of course study

*McKenzie Mechanical Diagnosis and Treatment*

Instructor: Greg Matusiak, P.T., Dip. MDT

June 2013 | St. John Medical Center, Tulsa, OK

24 hours of course study

*Dynamic Neuromuscular Stabilization According to Kolar | Advanced Skills Review*

Instructor: Zuzana Suzan, P.T.

May 2013 | National University of Health Sciences, Chicago, IL

12 hours of course study

*Dynamic Neuromuscular Stabilization According to Kolar | Advanced Skills Review*

Instructor: Pavel Kolar, P.T., Paed. Dr., Ph.D.

November 2012 | Arizona Diamondbacks MLB Training Facility, Phoenix, AZ

24 hours of course study

*30th Annual Injuries in Baseball Course*

Instructors: James Andrews, M.D., & Chuck Dillman, M.D.

January 2012 | American Sports Medicine Institute, Birmingham, AL

36 hours of course study

*Dynamic Neuromuscular Stabilization According to Kolar | Course D (certification course)*

Instructor: Pavel Kolar, P.T., Paed. Dr., Ph.D.

September 2011 | University Hospital of Motol, Prague, Czech Republic

50 hours of course study

*Motion Palpation Institute (MPI): The Throwing Athlete*

Instructors: Brett Winchester, D.C.; Matthew Smith, M.D., Washington University Sports Medicine;

Lance Schuermann, former minor league baseball player and pitching coach; T.J.

Matthews, former Cardinals pitcher; Randy Davis, D.C., softball pitching coach

June 2011 | St. Louis Baseball and Fastpitch Academy, St. Louis, MO

12 hours of course study

*Biomedical Dry Needling Acupuncture*

Instructor: Yun-tao Ma, Ph.D.

April 2011 | Athletes Performance, Chicago, IL

24 hours of course study

*Diagnosis and Treatment of the Disc McKenzie Protocol*

Instructors: Brett Winchester, D.C.; Steve Heffner, Diplomat of McKenzie Institute International

December 2010 | St. Louis, MO

12 hours of course study

*Functional Diagnosis and Treatment of the Lower Quarter*

Instructors: Brett Winchester, D.C.; Shawn Eno, Podiatrist

November 2010 | Chicago, IL

12 hours of course study

*Dynamic Neuromuscular Stabilization According to Kolar | Course C*

Instructors: Pavel Kolar, P.T., Paed. Dr., Ph.D.; Alena Kobesova, M.D., Ph.D.

November 2010 | Los Angeles, CA

24 hours of course study

*Dynamic Neuromuscular Stabilization According to Kolar | Review Course*

Instructor: Lucie Oplova, P.T.

July 2010 | Los Angeles, CA

12 hours of course study

*Full Spine Adjustive Techniques*

Instructors: Brett Winchester, D.C.; Corey Campbell, D.C.; Lynn Faye, D.C.; Mark King, D.C.

July 2010 | Chicago, IL

12 hours of course study

*Dynamic Neuromuscular Stabilization According to Kolar | Course B*

Instructors: Clayton Skaggs, D.C.; Brett Winchester, D.C.; Alena Kobesova, M.D., Ph.D.

June 2010 | St. Louis, MO

24 hours of course study

*Mobilizations and Relaxation Techniques According to Lewit*

Instructor: Alena Kobesova, M.D., Ph.D.

June 2010 | St. Louis, MO

8 hours of course study

*Adjustive Techniques for the Extremities*

Instructors: Mark King, D.C.; Brett Winchester, D.C.

February 2010 | St. Louis, MO

8 hours of course study

*International Symposium on Musculoskeletal Pain and Motor Control: Highlighting the Assessment and Management Approaches of Pavel Kolar and Stu McGill*

Instructors: Pavel Kolar, P.T., Paed. Dr., Ph.D.; Stuart McGill, Ph.D.; Craig Liebenson, D.C.; Craig Morris, D.C.; Michael Geraci, M.D., P.T.; Dave Juehring, D.C.; Alena Kobesova, M.D., Ph.D.; Annie O'Connor, P.T.; Neil Osborne, D.C., Ph.D.; Marc Scappaticci, D.C.

January 2010 | Naples, FL

24 hours of course study

*Dynamic Neuromuscular Stabilization According to Kolar | Course B*

Instructors: Pavel Kolar, P.T., Paed. Dr., Ph.D.; Alena Kobesova, M.D., Ph.D.

November 2009 | Los Angeles, CA

24 hours of course study

*Building the Ultimate Back*

Instructor: Stuart McGill, Ph.D.

October 2009 | Central Institute for Human Performance, St. Louis, MO

24 hours of course study

*Active Release Technique: Lower Extremity*

Instructor: Michael Leahy, D.C.

September 2009 | St. Louis, MO

12 hours of course study

*Dynamic Neuromuscular Stabilization According to Kolar | Course A*

Instructors: Craig Morris, D.C.; Michael True, P.T.

August 2009 | Davenport, IA

24 hours of course study

*Active Release Technique: Spine*

Instructor: Robert Kuhn, D.C., DACBR

Fall 2009 | St. Louis, MO

24 hours of course study

*Motion Palpation Institute (MPI) Master Series: Shoulder*

Instructors: Brett Winchester, D.C.; Corey Campbell, D.C.

Summer 2009 | St. Louis, MO

12 hours of course study

*Exercise and the Athlete*

Instructors: Craig Liebenson, D.C., and Pavel Kolar, P.T., Paed. Dr., Ph.D.

Summer 2009 | Chicago, IL

24 hours of course study

*Dynamic Neuromuscular Stabilization According to Kolar | Course A*

Instructors: Pavel Kolar, P.T., Paed. Dr., Ph.D.; Alena Kobesova, M.D., Ph.D.

Winter 2009 | Central Institute for Human Performance, St. Louis, MO

24 hours of course study

*Gait Analysis and Treatment of Gait Associated Pain Syndromes*

Instructors: Shawn Eno, Podiatrist; Brett Winchester, D.C.; Corey Campbell, D.C.; Mark King, D.C.;

Peter Breeze, Nike

Winter 2008 | Chicago, IL

12 hours of course study



*Functional Diagnosis and Treatment of the Lower Quarter*

Instructor: Corey Campbell, D.C.

Winter 2008 | St. Louis, MO

12 hours of course study

*Diagnosis and Treatment of the Orofacial System*

Instructor: Clayton Skaggs, D.C.

Fall 2008 | Central Institute for Human Performance, St. Louis, MO

12 hours of course study

*Head to Toe Functional Analysis and Treatment*

Instructors: Neil Osborne, D.C.; Brett Winchester, D.C.

Fall 2008 | Central Institute for Human Performance, St. Louis, MO

*Motion Palpation Institute (MPI) Lumbar Pelvis*

Instructor: Terry Elder, D.C.

Fall 2008 | St. Louis, MO

*Full Spine Adjustive Techniques*

Instructors: Brett Winchester, D.C.; Corey Campbell, D.C.; Lynn Faye, D.C.; Mark King, D.C.

June 2008 | St. Louis, MO

12 hours of course study