



# JAKE FISHER

DC, CSCS, CPT, CF-LI

## BACKGROUND

Dr. Fisher was born in Atlanta, GA and has since lived all over the country. His family moved to Kansas City, MO when he was in high school. He is one of four children. He has two brothers who are both chiropractors in Wisconsin and a sister who lives in Scottsdale, AZ. He grew up playing baseball, basketball, soccer, football, track and field and eventually fell in love with the sport of wrestling. He has worked as a wrestling coach, performance coach, CrossFit coach, and personal trainer. Since he was a child, he has received chiropractic care for maintenance and sport related injuries.

## EDUCATION

After high school, Dr. Fisher attended Northern Michigan University on full ride scholarship to train Greco-Roman wrestling at the United States Olympic Education Center while pursuing his degree. He graduated with his Bachelor of Science in Sports Science and completed one year of graduate course work in Exercise Science. Fast forward eight years, he then attended the University of Bridgeport School of Chiropractic in Bridgeport, CT where he graduated summa cum laude.

## WHY ARE YOU A SPORTS CHIROPRACTOR?

Dr. Fisher has served as a strength and conditioning coach for ten years, training novice to elite athletes in a variety of sports. Over the past two decades Dr. Fisher has been on Team USA for wrestling. He is a former resident athlete at the United States Olympic and Paralympic Training Center located in Colorado Springs, CO. He has won U.S. Nationals, competed in the World Championships and has medaled at three Pan-American Championships. Traveling for Team USA, he has competed and trained in over thirty countries experiencing their cultures and making memories that will last a lifetime. While an athlete, he has physically and personally seen the benefits of chiropractic care in quest for the Olympics. He is currently pursuing the title of Certified Chiropractic Sports Physician through the American Chiropractic Board of Sports Physicians.

## **CERTIFICATIONS**

NSCA Certified Strength and Conditioning Specialist

NSCA Certified Personal Trainer

USA Weightlifting Level 1

CoachCrossFit Level 1 Certification

K-LASER Certified

FAKTR Certified

Advanced Kinesiology Taping Practitioner Certification

Owens Recovery Science: Blood Flow Restriction

SafeSport Training Certificate

## **WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?**

In his free time, you will find Dr. Fisher on a wrestling mat training or coaching. He is currently actively training for the 2021 US Olympic Trials in Greco Roman Wrestling with aspirations of making the US Olympic Team headed to Tokyo. He also enjoys spending time with his wife, family, and friends. He has also been spotted in the great outdoors running trails, hiking up mountains, skiing, kayaking, and camping.