

Rosemary Zimmerman
Doctor of Chiropractic: Chiropractic Sports Physician
Biographical Sketch

Rosemary Zimmerman, Doctor of Chiropractic and Chiropractic Sports Physician, practices in Girdwood, Alaska in a successful, full-scale chiropractic clinic offering services in chiropractic and physical therapy, sports injuries, stress management, therapeutic massage, and preventive health care. She founded the Healing Center in 1987 in Anchorage, Alaska and transferred to Girdwood, Alaska in 2001 in an effort to enjoy the quality of life at this resort and expand her career in sports medicine. Dr. Zimmerman received her Diplomate from the American Chiropractic Board of Sports Physicians in 1996 and her Certified Strength and Conditioning Specialist in 1998. Zimmerman is the only Alaska chiropractor holding Diplomate status in both the American Chiropractic Board of Sports Physicians and the American Academy of Pain Management. Zimmerman also received a Diplomate from the American Board of Forensic Examiners and is a Fellow of the American Academy of Experts in Traumatic Stress and the American Back Society. She completed her Whiplash 2000 certification at the Spine Research Institute of San Diego in June 2000. She is now certified as a [Graston Myofascial/Manual Therapy Technique Practitioner](#) as well as a [Cold Laser Practitioner](#) to offer the best to her patients in physical therapy. She will be expanding her services in Anchorage at Alaska Regional Hospital next year.

Zimmerman's background includes more than twenty years in medical, clinical and research work. Zimmerman has authored numerous publications, among them a treatise on eating disorders in female athletes and articles in the American Journal of Clinical Nutrition. She presented a symposium at the American College of Obstetrics and Gynecology in May 2000. Zimmerman has been active with the Special Olympics Medical Committee since 1998, serving to organize chiropractic and massage therapy for the athletes in the International Anchorage Pre-Games in 2000 and the International Special Olympics World Winter Games 2001. She was recently elected as a board member of the Alaska Disaster Response Services, Inc., the non-profit arm of the AK-1 Disaster Medical Assistance Team, the state of Alaska DMAT team. She has also been appointed to the state of [Alaska Board of Chiropractic Examiners](#).

Active in local, national, and international professional organizations, Zimmerman has served as cochair of the Alaska Chapter of the National Coalition for the Promotion of Physical Activity. Zimmerman has held leadership and membership roles in the Federation Internationale de Chiropratique du Sport, the Alaska Chiropractic Society, the American Public Health Association, the National Academy of Sports Medicine, the American Academy of Chiropractic Physicians and the Foundation for Chiropractic Education and Research. She has served as Alaska State Coordinator for the American Chiropractic Association Council on Sports Injuries and Physical Fitness during the past ten years. Zimmerman co-authored the Take Heart Alaska – A Cardiovascular Disease Prevention Plan for Alaska, an invaluable resource for the establishment of state government prevention programs and grant proposals since 1997.

Zimmerman served as a member of the medical committees in Anchorage, Alaska during the 1996 Arctic Winter Games and in Johannesburg, South Africa during the 7th Annual All African Games, an Olympic Pre-qualifying event, in 1999. Zimmerman devotes substantial non-working hours to community and international leadership positions and was awarded the Mayor's Award for Public Service in 1998. Zimmerman chaired the Magadan Committee and served as Commissioner for the Anchorage Sister Cities Commission from 1993 through 1998. Zimmerman served on the Southcentral Alaska American Red Cross Board of Directors from 1991 through 1994 and founded the Alzheimer's Association Alaska Chapter and served its Board of Directors from 1991 through 1994. She currently serves on the Ambassador Committee of the Anchorage Chamber of Commerce. Zimmerman has served as a medical committee member for competitions of the Women's Gold Nuggett Triathlon, the U.S. Racketball Association, the U.S. Biathlon Association and the U.S. Amateur Snowboarding Association.