EDWARD LE CARA, PHD, DC, APRN-FNP, CLCP



Certified Life Care Planner | Medical-Legal Expert | Clinician

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PROFESSIONAL SUMMARY

Certified Life Care Planner (CLCP) and Texas-licensed chiropractor and family nurse practitioner providing future medical plans, record review, expert opinion reports, and deposition and trial testimony for plaintiff and defense counsel. Medical-legal report writing since 2005, beginning as a California Qualified Medical Evaluator (2005 to 2013), with expert witness testimony since 2012. Trained in the AMA Guides to the Evaluation of Permanent Impairment, 5th and 6th Editions. Maintains an active clinical practice that includes patients with personal injuries. Testimony list available upon request. CV current as of November 2026.

EXPERIENCE

Owner/Clinician

Body Lounge Park Cities

05/2018 - Present Dallas, TX

Founded multidisciplinary wellness clinic

- Lead Medical Provider
- Oversee Fees and Procedural Coding
- Provide Clinical Oversight to MD's, NP's, RN's, and LMT's

Certified Life Care Planner & Independent Medical Expert

Self Employed

2005 - Present Dallas, TX

Life care planning and future medical plans, record review, expert opinion, legal testimony & opinions, and report writing for plaintiff and defense counsel in medical-legal matters; Nexus letter authorship for veteran VA disability claims.

- Earned the Certified Life Care Planner (CLCP) credential in November 2026 through the International Commission on Health Care Certification (Certificate #1976); prepare future medical plans and estimates for attorneys
- Medical-legal practice since 2005, beginning with California Qualified Medical Evaluator (QME) certification and medical-legal report writing
- Provide deposition and trial testimony as a medical-legal expert witness since 2012
- Draft Nexus letters establishing medical nexus between military service and diagnosed conditions to support veterans' VA disability compensation claims
- Bring firsthand familiarity with the VA claims process, including the C&P examination, informed by personal experience navigating the system as an Army veteran
- Provide independent record review and expert opinion reports for civil litigation, retained by both plaintiff and defense counsel

Director of Education

SmartTools Plus

11/2015 - Present Cleveland, OH

Manufactures rehabilitation tools for health and fitness professionals

- Increased Courses taught from 4 in 2015 to 250 in 2020 Internationally
- Have Personally Taught over 100 courses since 2015
- Developed live and online programming & content (IASTM & Blood Flow Restriction Training Levels 1 & II)
- Manage a team of over 20 instructors Internationally

Adjunct professor

Rocky Mountain University of Health Professions

08/2014 - 09/2025 Provo, UT

MS in Athletic Training

- Developed and taught curriculum for the soft tissue rehabilitation course

Adjunct professor

Parker University

05/2019 - 09/2025 Dallas, TX

MS in Exercise & Human Performance

- Developed and Taught - Exercise and Health Course
- Developed and Taught - Exercise Prescription for Special Populations Course
- Developed and Taught - Advanced Endocrinology & Exercise Course

EXPERIENCE

Director of Trans-global Education

RockTape

06/2014 - 2016 Los Gatos, CA

Health & Fitness Education & Manufacturing

- Taught over 120 courses from 2012 to 2015
- Increased live courses taught 500% in 3 years
- Managed over 70 instructors internationally

Athletic Trainer

St. Mary's College of California

2012 - 2014 Moraga, CA

Division I Institution

- Developed ACL Prevention program
- Lead rehabilitation of spine and ACL Injuries
- Oversaw 5 Athletic Trainer's & Strength Coaches

VP Sports Science & Human Performance

24 Hour Fitness

08/2011 - 08/2013 San Ramon, CA

A leading health club organization in North America

- Established a wellness clinic in corporate headquarters that saved over $150,000 in healthcare costs within 9 months
- Provided education and leadership for over 400 personal trainers
- Promoted to VP after 2 years as consultant

Chiropractor

Veteran's Administration

11/2009 - 11/2013 Martinez, CA

Worked as a chiropractor in the Integrated Brain Health & Wellness program

- Contributed to starting the 'Get Move' Program for weight loss counseling through diet and exercise
- Supervised personal trainers and exercise programming
- Performed original research with radiology (MRI & Ultrasound)

Owner/Clinician

KinetikChain/KinetikChain Denver

2014 - 2018 Dallas/Denver

Developed an athletic training room model for active individuals. Opened 4 clinics and sold those clinics over the span of 2014-2018.

- Developed the first commercial athletic training room membership model

Owner/Clinician

SportsPlus

06/2000 - 07/2014 Pleasanton, CA

A Chiropractic and Athletic Training Sports Medicine company that provided injury treatment in the clinic and medical coverage on the field, court and mat

- Outreach athletic training provided to over 30 teams, programs and clubs
- Treated Motor Vehicle Accident & Workers' Compensation Patients
- Certified as Qualified Medical Evaluator
- Managed Billing & Coding and set Fees

EDUCATION

Masters of Science in Nursing - Family Nurse Practitioner

West Coast University

01/2024 - 06/2026

- Master's of Science in Nursing with an emphasis on Family Nurse Practitioner

Associate in Nursing

International College of Health Sciences ICHS

02/2022 - 09/2023

M.B.A. - Trans-global Education

St. Mary's College of California

09/2013 - 09/2015 Moraga, CA

- Capstone project included developing curriculum with a university in Mumbai, India

EDUCATION

Ph.D. - Athletic Training

Rocky Mountain University of Health Professions

09/2007 - 12/2012

- Published research on the morphology and function of lumbar multifidus in symptomatic veterans
- Clinical and pedagogy emphasis

D.C. - Doctor of Chiropractic

Palmer College of Chiropractic - West

09/1995 - 12/1999

B.S. - Exercise Science

University of California at Davis

09/1991 - 12/1995

- Captain of the Division I Wrestling Team

US ARMY Combat Medic Training

Ft. Sam Houston, TX

06/1993 - 08/1993

- Developed Emergency Action Plans
- Learned techniques and paramedic skills like IV's, Injections, BLS, Fracture Management, Head Injury Management

AWARDS

2011 Clinician of the Year

2011 Robert Letterman Award

2008 Sports Hall of Fame Induction

1996 US Army Achievement Medal

1995 US Army Certificate of Achievement

PUBLICATIONS

National Academy of Sports Medicine

Corrective Exercise Specialist Certification

Co-Author

2019 https://www.nasm.org

I wrote two modules (thoracic spine/shoulder & elbow/wrist) in the Corrective Exercise Specialist textbook

Dr. Le Cara's Approach to Blood Flow Restriction Training

Self Published

Edward C. Le Cara, PhD, DC, ATC, CSCS

2021 https://www.amazon.com/dp/B09J1PVDTQ

A beginner's guide to implementing Blood Flow Restriction Training into one's fitness and rehabilitation regimen

Predictors of clinical success with stabilization exercise are associated with lower levels of lumbar multifidus intramuscular adipose tissue in patients with low back pain.

Disability and Rehabilitation

Hebert JJ, Le Cara EC, Marcus RL, Dempsey AR, Hoffman MD

05/2018

Epidemiology of injuries in men's lacrosse: injury prevention implications for competition level, type of play, and player position

The Physician & Sports Medicine

Barber Foss KD, Le Cara E, McCambridge T, Hinton R, Kushner A, Myer GD

09/2017

Epidemiology of Injuries in Women's Lacrosse: Implications for Sport-, Level-, and Sex-Specific Injury Prevention Strategies.

Clinical Journal of Sports Medicine

Barber Foss FD, Le Cara E, McCambridge T, Hinton RY, Kushner A, Myer GD

07/2017

PUBLICATIONS

Morphology versus function: the relationship between lumbar multifidus intramuscular adipose tissue and muscle function among patients with low back pain.

Archives of Physical Medicine Rehabilitation

Le Cara EC, Marcus RL, Dempsey AR, Hoffman MD, Hebert JJ

10/2014

Effect of kinesiology taping on pain in individuals with musculoskeletal injuries: systematic review and meta-analysis.

Physician & Sports Medicine

Montalvo AM, Le Cara EC, Myer GD

05/2014

CERTIFICATIONS

Certified Life Care Planner (CLCP)
International Commission on Health Care Certification, Certificate #1976. Examination passed November 23, 2026; renewal October 31, 2031

First Aid & CPR Instructor - Basic Life Support
American Heart Association, 1993 - Present

Board Certified in Sports Medicine
American Chiropractic Board of Sports Physicians, 2002 - Present

Corrective Exercise Specialist, CES
National Academy of Sports Medicine, 2004

Licensed Athletic Trainer
Texas Athletic Trainer's Association, 2014 - Present

Functional Dry Needling
Ma Dry Needling, 2014

Intravenous Administration
Army Medical (1993) & IV Academy (2018)

Professional Medical Injector (Botulinum Toxin)
Texas Laser Institute, May 2020

Qualified Medical Evaluator (QME), California (Former)
Specialized training in the evaluation and impairment rating based on the AMA Guides 5th Edition. State of California 2005 - 2013

Wound Care Specialist
Advanced Health Institute - January 2026

Family Nurse Practitioner, Certified (FNP-C)
American Association of Nurse Practitioners

Certified Strength & Conditioning Specialist
National Strength & Conditioning Association, 1995 - Present

Certified Athletic Trainer
Board of Certification, 2004 - Present

Board Certified in Rehabilitation
American Chiropractic Rehabilitation Board, 2012 - Present

Instrument Assisted Soft Tissue Manipulation
SmartTools Plus, 2014

Blood Flow Restriction Training
SmartTools Plus, 2017

Medical Acupuncture
International Academy of Medical Acupuncture, 2016

Professional Medical Injector (Injectable Fillers)
Texas Laser Institute, May 2020

Wound Management - Debridement
Advanced Health Institute - January 2026

AMA Guides to the Evaluation of Permanent Impairment, 6th Edition (Training)
Specialized training in impairment rating

INDUSTRY EXPERTISE

Expert Medical Opinion & Report Writing

Musculoskeletal Rehabilitation

Manual Therapy

Exercise Prescription

Billing & Coding

Content Development

Business Development

FIND ME ONLINE

LinkedIn
Edward Le Cara