



Dr. Adam Schulte, D.O., CF-L2

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PROVIDER INFORMATION

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EDUCATION

08/2014-07/2015	UNTHSC – Primary Care Sports Medicine Fellowship
08/2012-07/2014	Doctors Hospital – Family Medicine Residency
06/2011-06/2012	Arrowhead Regional Medical Center – Traditional Year Internship
07/2009-05/2011	Western University of Health Sciences, COMP – Doctor of Osteopathy
08/2007-06/2009	Touro University, Nevada
09/2002-06/2004	University of California, Santa Barbara - BS, Biopsychology
01/2000-05/2002	Fullerton College

BOARD CERTIFICATIONS

American Osteopathic Board of Family Physicians (9/19/14 – 12/31/2022)

National Board of American Physicians and Surgeons (10/31/2022 – present)

EMPLOYMENT

08/2016 – present	The Drop-In Doc, Inc. – Founder, Chief Medical Officer
10/2019 – present	The Drop-In Doc – President, Owner
06/2017 – 10/2019	Pacific Urgent Care – Per Diem Physician
10/2017 – 05/2019	Irvine Family Practice – Walk-In Clinic and Family Medicine Physician
11/2016 – 04/2017	Marque Urgent Care - Physician
04/2016 – 10/2016	Newport Center Urgent Care – Physician

01/2015 – 03/2016	Inpatient Physician Associates – Hospitalist Contingent/part-time physician staffing Forest Park Medical Centers in the Dallas/Fort Worth metroplex. Responsibilities primarily consisted of ER consults, post-op consults, and managing care plans for admitted patients.
11/2015 – 03/2016	HCA/CareNow Urgent Care – Urgent Care Physician Part-time urgent care physician. Treatment of patients of all ages (pediatric, adult, elderly) of all health statuses. Experienced with work comp cases as well.
09/2008-05/2009	Medical Education and Research Institute of Nevada (MERIN) – Lab Technician Assisted in organization and presentation of surgical training seminars, as well as cadaveric and tissue sample preparation for courses. Topics ranged from pain management to orthopedic surgery (spine, shoulder, hip, and hand).
08/2007-05/2009	Touro University, NV - Lab Technician Assistant in dental surgery training seminars. Organized and oversaw seminar events, participated in scheduled procedures.
02/2005-07/2006	Arbor Surgical Technologies – Chemistry technician, engineering assistant Held multiple positions for a small start-up mechanical heart valve manufacturer aiming to improve upon the Carpentier-Edwards <i>Perimount</i> aortic valve. Conducted studies on tissue dynamics, Accelerated Life Testing (ALT) data analysis, and several other R&D aspects of product development and assessment.
09/2004-11/2004	West Coast Wellness – Health Screening technician Conducted multiple health screening exams to elderly and low-income community members throughout southern CA (bone density exams, cholesterol/lipid panels, skin damage assessments, etc.)

PUBLICATIONS

- 1 The Rapidly Emerging Sport of CrossFit: Primary Care and Sports Medicine Considerations for a Growing Population of Novel Athletes. *Unpublished academic research*
- 2 Scapulothoracic dissociation: An Emerging High-Energy Trauma in Medical Literature. McCague A, Schulte A, Davis JV. *J Emerg Trauma Shock*. 2012 Oct;5(4):363-6.
- 3 Management of Dupuytren Contracture With Ultrasound-Guided Lidocaine Injection and Needle Aponeurotomy Coupled With Osteopathic Manipulative Treatment. Sampson S, Meng M, Schulte A, Trainor D, Montenegro R, Aufiero D. *The Journal of the American Osteopathic Association*. Vol 3, No 2. February 2011. 113-116.
- 4 “An Open Letter to CrossFit HQ”. T-Nation, published 07/30/2015. <https://www.t-nation.com/powerful-words/open-letter-to-crossfit-hq>

EXTRACURRICULAR

2009	Student American Osteopathic Academy of Orthopedics (SAOAO), Touro NV chapter co-founder
2009	Anesthesia Interest Group - Fundraising Coordinator
2008-09	SOSA TUNV chapter - President
2008-09	Touro University, NV CME workshop series
2007-08	SOSA TUNV chapter - Public Relations Coordinator

MASS-PARTICIPATION EVENT COVERAGE

See below for all MPE coverage history

TEAM ATHLETIC COVERAGE

2020 – present El Dorado High School (Placentia, CA) Team Physician
2015 CrossFit South Regional Medical Director
2015 CrossFit California Regional Medical Director
2013-2014 CrossFit Central East/Central Regional Medical Director
2013-2015 CrossFit Games Staff Physician
2014 Chisholm Trail High School Varsity Football (Fort Worth, TX)
2014 Springtown High School Varsity Football (Fort Worth, TX)
2014 Southwest Christian High School Varsity Football (Fort Worth, TX)
2013 Westland High School Varsity Football (Galloway, OH)

ADDITIONAL TRAINING

CrossFit Level 1 trainer certification (April 2013)
CrossFit Level 2 trainer certification (April 2018)
AMSSM MSK US Beginning/Intermediate Level Course (Sept 2013)
American Academy of Aesthetic Medicine Level 1 course (February 2016)
American Academy of Aesthetic Medicine Level 2 course (April 2016)
MSKUS Clinical Injection Course (July 2016)

CONFERENCES

2013 ACSM Annual Meeting (Indianapolis, IN)
2014 American College of Osteopathic Family Physicians Annual Conference (Philadelphia, PA)
2015 American Osteopathic Association of Sports Medicine Annual Meeting (Philadelphia, PA)
2016 The Orthobiologics Institute (TOBI) Annual Conference (Las Vegas, NV)
2018 American College of Osteopathic Family Physicians Annual Conference (Austin, TX)
2019 American College of Osteopathic Family Physicians Annual Conference (Chicago, IL)

CME PRESENTATIONS

“Fitness Communities” – 2019 ACOFP Annual Conference (Chicago, IL)

PROFESSIONAL MEMBERSHIPS

American College of Lifestyle Medicine (2020 - present)
American Osteopathic Association (2011 – present)
American Medical Society of Sport Medicine (2014 – 2015)
American College of Sports Medicine [ACSM] (2013 – 2014)
American College of Osteopathic Family Physicians [ACOF] (2013 – present)
National Strength and Conditioning Association [NSCA] (2013 –2014)

HONORS AND AWARDS

Touro University Nevada Dean’s List: Fall 2007, Spring 2008, Spring 2009

PERSONAL

Interests include CrossFit, weightlifting, scuba diving, football, volleyball, boxing, sportfishing, trap/skeet shooting, and bodyboarding.

MASS-PARTICIPATION EVENT COVERAGE (Master List)

2021 Legends Masters Comp West Regional (Las Vegas, NV) – Volunteer Physician
2020 Resolution CrossFit In-House Competition (Yorba Linda, CA) – Volunteer Physician
2019 Warrior Affiliate League – *Three Amigos* (Fontana, CA) – Medical Director
2019 Warrior Affiliate League – *Barbellas* (Orange, CA) – Medical Director
2018 Warrior Affiliate League – *Deuces Wild* (Chino, CA) – Medical Director
2018 Warrior Affiliate League – *Delta Force* (Duarte, CA) – Medical Director
2018 Warrior Affiliate League – *Three Amigos* (Pomona, CA) – Medical Director
2018 Warrior Affiliate League – *War of the Roses* (Chino, CA) – Medical Director
2018 Warrior Affiliate League - *Barbellas* (Anaheim, CA) – Medical Director
2017 Femme Royale (Huntington Beach, CA) – Volunteer Physician
2016 NRG Games (Fort Worth, TX) – Volunteer physician
2015 USA Judo Senior National Championships (Irving, TX) – Medical Director
2015 Lone Star Race series (Arlington, TX) – Medical Director
2015 USA Judo National Scholastic Championships (Irving, TX) – Medical Director
2015 Texas State Judo Championships (Arlington, TX) – Medical Director
2015 CrossFit California Regional Events (Del Mar, CA) - Medical Director
2015 CrossFit South Regional Events (Dallas, TX) - Medical Director
2015 USA Weightlifting Junior National Championships (Oklahoma City OK) – Lead Physician
2015 USA Weightlifting IWF Masters Cup (Dallas, TX) – Lead Physician
2015 USA Weightlifting National Championship (Dallas, TX) – Lead Physician
2015 Cowtown Marathon (Fort Worth, TX) – Medical Staff
2015 NRG Games (Fort Worth TX) – Medical Director
2015 CrossFit Central Fittest Games (Austin TX) – Medical Director
2015 Lone Star Classic Judo Tournament (Arlington TX) – Medical Staff
2015 Orange County Throwdown (Costa Mesa CA) – Medical Director
2014 CrossFit Dallas Central All Cities Open (Dallas TX) – Medical Director
2014 Fort Worth Boxing Club Annual Tournament (Fort Worth TX) – Medical Director
2014 D.O. Dash (Fort Worth TX) – Medical Staff
2014-2015 Rock It CrossFit South Dallas Open (Arlington TX) – Medical Director
2014-2015 Friendship CrossFit Fall Masters Challenge (Dublin OH) – Medical Director
2014 CrossFit Endeavor Validus Games (Hilliard OH) – Medical Director
2013-2015 The Arnold Sports Festival (Columbus OH) – Medical Staff
2013-2014 CrossFit Central East Regionals (Columbus OH) – Medical Director
2013-2015 CrossFit Games (Carson, CA) – Medical Staff
2013 USA Triathlon Junior National Championships (West Chester OH) - Medical Staff
2013 USAW Annual Midwest Strongest Unicorn Olympic Weightlifting Open (Hilliard OH) – Medical Staff