

DOLLY A. GARNECKI, B.A., D.C.

Addenda

PUBLICATIONS

Garnecki DA. Culture and Business Etiquette in China. In: [Astra Women's Business Alliance Global Business Toolkit](#). 10 Mar 2012.

Garnecki DA. Recovery Soak for Sore Muscles. [Experience Life](#). 2011 Nov: 11.

Garnecki DA. Perfect posture. In: [Staying Aligned with Dr. Dolly](#). Spinal Health & Wellness, http://cvillepublicmedia.org/DrDolly/dd_podcast_111116.mp3. 16 Nov 2011.

Garnecki DA. Wellness for babies following birth. In: [Staying Aligned with Dr. Dolly](#). Spinal Health & Wellness, http://cvillepublicmedia.org/DrDolly/dd_podcast_111109.mp3. 10 Nov 2011.

Garnecki DA. Conquering colds naturally. In: [Staying Aligned with Dr. Dolly](#). Spinal Health & Wellness, http://cvillepublicmedia.org/DrDolly/dd_podcast_111101.mp3. 1 Nov 2011.

Garnecki DA. Afterward. In: [Coconut Oil for Life](#). Tallahassee, Florida: Father & Son Publishing; 2011.

Garnecki DA. [Bowling with a bad back](#). In: [Bowling for Dummies](#). Hoboken, New Jersey: Wiley Publishing; 2010: 233-35.

Garnecki DA. Time for God. In: [Heart of a Military Woman: Stories and Tributes to Those Who Serve Our Country](#). La Mesa, California: Sparkle Press; 2009: 48-50.

Garnecki DA. Strengthening spines with non-invasive scoliosis treatment. [Celebrate wellness](#). Virginia Chiropractic Association. 2009 June.

Garnecki DA, Cauty AP. Improvement in urinary incontinence in a cerebral palsy patient following chiropractic care. [Journal of Clinical Chiropractic Pediatrics](#). 2008 March; 9(1):563-66.

Garnecki DA. All in a day's work. In: Hunter Mirabile M, ed. [Your Mother Wears Combat Boots: Humorous, Harrowing and Heartwarming Stories of Military Women](#). Bloomington, Indiana: Authorhouse; 2007: 63-4.

Garnecki DA. Growing pains. In: Hunter Mirabile M, ed. [Your Mother Wears Combat Boots: Humorous, Harrowing and Heartwarming Stories of Military Women](#). Bloomington, Indiana: Authorhouse; 2007: 102-06.

Garnecki DA. Paperless office options: comparing notes. [Palmer Florida Triune](#). 2007 Sep-Oct.

Garnecki DA. Lucky Thirteenth Quarter: Part II of II. [Palmer Florida Triune](#). 2007 Sep-Oct.

Garnecki DA. Birthing in America: options, risks, and outcomes. [Palmer Florida Triune](#). 2007 Jul-Aug.
o Reprinted in CLEAR Newsletter 2007 Aug.

Garnecki DA. Lucky Thirteenth Quarter: Part I of II. [Palmer Florida Triune](#). 2007 Jul-Aug.

Garnecki DA. How to succeed in clinic as a new intern. [Palmer Florida Triune](#). 2007 May-Jun.

Garnecki DA. Students with scoliosis receive chiropractic treatment at C.L.E.A.R. Institute. Palmer Florida Triune. 2007 May-Jun.

Garnecki DA. Homecoming makes a splash at Palmer Florida. Palmer Florida Triune. 2007 Mar-Apr.

Garnecki DA. When the spine hits the road. Palmer Florida Triune. 2007 Mar-Apr.

Garnecki DA. Graston Technique: new club & elective. Palmer Florida Triune. 2007 Jan-Feb.

Garnecki DA. Military veterans: chiropractors, instructors, & students. Palmer Florida Triune. 2006 Nov - Dec.

Garnecki DA. Palmer Florida upsets Parker for flag football gold at Chiro Games 2006. Palmer Florida Triune. 2006 Nov-Dec.

Garnecki DA. Chiropractic changes health care in China. Palmer Florida Triune. 2006 Sep - Oct.

Garnecki DA. PCCF student council elections 2006. Palmer Florida Triune. 2006 Sep - Oct.

Garnecki DA. Scoliosis case study. Palmer Florida Triune. 2006 Jul - Aug.

Garnecki DA. Interview with John Lockenour, D.C., D.A.B.C.O. Palmer Florida Triune. 2006 May - Jun.

Garnecki DA. Chiropractic and cerebral palsy. Palmer Florida Triune. 2006 May - Jun.

Garnecki DA. Mentoring: developing student doctor's into tomorrow's leaders. Palmer Florida Triune. 2006 Mar-Apr.

Garnecki DA, Pena WS. Triune meeting with CEO Larry Patten. Palmer Florida Triune. 2006 Mar - Apr.

Garnecki DA. Misconceptions about scoliosis. Palmer Florida Triune. 2006 Jan-Feb.
o Reprinted on CLEAR Institute's web page 2006

Garnecki DA. Palmer Florida shines in Chiro Games. Palmer Florida Triune. 2006 Jan-Feb.

Garnecki DA. The veracity of high-volume practices. Palmer Florida Triune. 2005 Nov-Dec.

Garnecki DA. A champion for chiropractic. Palmer Florida Triune. 2005 Nov-Dec.

Garnecki DA. Taiwan: ancient tradition fused with contemporary lifestyle. Palmer Florida Triune. 2005 Sep - Oct.

Garnecki DA. God's blessings—an oasis in the desert. Command Magazine. 2004 Apr.
o Reprinted in Tinker Take-Off. 2004 Jul.

Sexton JB, Helmreich RL, et. al. Analyzing cockpit communication: the links between language, performance, error, and workload." Human Performance in Extreme Environments. 2000 Oct;5(1): 63-8. (listed as Dolly A. Dimke, Research Assistant)

Dimke DA. The efficacy of Breathe-Right Nasal Strips on VO₂max in collegiate endurance athletes. Abstract published in the Texas Chapter of the American College of Sports Medicine 1996 Annual Meeting student poster competition.

LECTURES & INVITATIONS TO SPEAK

Invited to teach kids how to “Eat Like a Rainbow” as part of the Healthy Kids Cafe Unit at Great Beginnings Preschool in Charlottesville, Virginia on March 22, 2012.

Co-lecture with Kyung N. Lee. “Lunchbox Makeover: Bento Basics.” Whole Foods Market in Charlottesville. February 16, 2012.

“Health & Wellness” breakout session panelist and speaker at the Charlottesville Area Chamber of Commerce Business Women’s Round Table’s annual Quadruplicity Conference on February 9, 2012.

Featured speaker on “Harnessing Social Media for Brand Marketing and Patient Retention” at the Unified Virginia Chiropractic Association’s fall convention on October 14, 2011 in Williamsburg, Virginia.

Guest lecturer on “Healthy Spine & Sweet Slumber” class at Eat! on September 20, 2011 in Charlottesville, Virginia.

Invited lecturer on “Scoliosis Rehabilitation” at the “Latest Diagnosis and Rehabilitation Technologies of Spinal and Related Diseases” at Xin-Hua Hospital affiliated with Shanghai Jiao Tong University School of Medicine on June 26, 2011 in Shanghai, China. Invited to train doctors and physiotherapists to diagnose and provide scoliosis treatment exercises at the Xin-Hua Hospital Department of Pediatric Spinal Rehabilitation June 28 - July 2, 2011.

Featured speaker on “Scoliosis Screening Workshop: Scoliosis Treatment and Detection.” Unified Virginia Chiropractic Association, Spring Convention 2010. Type I Continuing Education Credits; Charlottesville, Virginia; May 15, 2010.

Invited speaker on “Scoliosis Screenings and Mentoring in Your Community.” Parker Chiropractic College, Scoliosis Mentorship Program Club Meeting; Dallas, TX; May 17, 2007.

Invited speaker on “Scoliosis Mentorship Program: Student Recruitment and Patient Retention.” CLEAR Institute and Parker Chiropractic College, Scoliosis Seminar Workshop; Dallas, TX; December 2, 2006.

Invited speaker on “Scoliosis Mentorship Program: Student Recruitment and Patient Retention.” CLEAR Institute Board Meeting; Dallas, Texas; December 1, 2006.

Invited speaker on “Delivering a Structural Correction Adjustment.” Palmer College of Chiropractic Florida. Quarter 6 Function; Port Orange, FL; November 8, 2006.

Invited speaker on “Scoliosis 101.” Palmer College of Chiropractic Florida. Quarter 1 Anatomy & Embryology; Port Orange, FL; May 9, 2006.

