

Dr. Nik Dukovac, Chiropractor

Graduated from University of Guelph BSc, followed by Canadian Memorial Chiropractic College in 2007.

Chiropractic Experience:

- Associate Chiropractor in country clinic of South Australia from 2007-2009
- Owner of following two clinics in Adelaide, South Australia from 2009-2022
- [Adelaide Family Chiropractic, Morphett Vale, South Adelaide, South Australia](#)
 - [Check out Google Reviews here](#)
- [Better Back Chiropractic, Oakbank, Adelaide Hills, South Australia.](#)
 - [Check out Google Reviews here](#)
- Founder of [Freedom Chiropractic Nicaragua](#) and worked serving locals pro bono for all of 2022
- Owner of [Fairway Chiropractic Centre](#), 2023 - current.

Founder of [MotusPro](#):

- An online platform where I help people who have failed to gain confidence with their lower back despite trying various therapies, including my own chiropractic care. I provide a ton of valuable free information via MotusPro's email list and I teach online courses to get a strong back which results in the enjoyment of life.
 - This was created because I simply do not have the time to provide all this valuable information in the chiropractic office setting. And I have had so many over the years wanting me to set this up to teach their family and friends that lived distant.

Speaking Engagements:

- "Breastfeeding - the Role of Cortisol Stress Hormone". Presented at a multidisciplinary conference on the topic of breastfeeding in Adelaide. Most of the audience were Midwives, LC's, and nurses.
- "Breastfeeding and Tongue Tie - The Role of Chiropractic". Presentation given to a group of midwives, lactation consultants, and other body workers (physios, chiropractors, and osteopaths)
- "Concussion: Increases Risk of ACL injury 4x the following season". Guest Speaker for the 2018 Adelaide Hills Football League Trainers Association on the impact of concussion on future injuries of other body parts.
- Multiple webinars on The Roadmap to Recovery For Your Back Pain using The Movement Method

Courses Given:

- "Breastfeeding - The Role of Chiropractic". A course I provided to a room full of fellow chiropractors.
- Conquer Your Back Pain with The Movement Method

List of Key Learning Experiences (not exhaustive) by Topic:

Paediatrics (newborn to adolescence):

- Inspirial Paediatric Seminar - How to effectively care for infants through to toddlers with various conditions: from colic, plagiocephaly (mis-shapen head), torticollis, milestone developmental delays, among others. (techniques used include Cranio-Sacral)
- Sleep: Have spent extensive time studying multiple factors involved with a child and infant's poor sleep.
- Tongue Tie Institute Course - How to identify a tongue tie (including posterior tongue tie) and my role as a chiropractor to help ensure best results from infant to adult who have layers of compensation due to it.
- Breast Feeding - Role of various health professionals for optimal result: Bobby Ghaheer (Paediatric ENT from USA, who specialises in oral health and airway - and tongue ties)
- ASTLiT 2018, 2019. Australasian Tongue and Lip Tie Association multidisciplinary conference (includes world expert speakers from a variety of professions: ENT, dentistry, sleep medical specialists, orthodontists, chiropractors, osteopaths, orofacial myologists, speech pathologists, chiropractors, lactation consultants, among others)
- Paediatric Airway Health Conference, where Dr. John Wood (Adelaide ENT), Derek Mahony (Orthodontist from Sydney) among others presented.

- Continually keeping up with the scientific literature in regard to my field of chiropractic care for children.
- Scolicare Seminar (world leaders in the assessment and non-surgical correction of scoliosis)
- Variety of Modules from the Elevate Paediatric Program (including Cranio-Sacral)
- Kids Summit for Chiropractors. Frequently attend this annual event with world experts presenting on various topics to ensure the best care is provided for the kids of our community.
- Epic Paediatrics Chiropractic Course - several month-long online program.
- C4K (Chiropractic for Kids) - multiple courses

Adult:

- ART (Active Release Technique) - is a muscle release technique for myofascial trigger points.
- Sport Injury and Performance: Continually keeping up with the scientific literature in this field.
- Functional Movement Assessment and Recovery
- Myofascial train system: Have spent significant time studying this field which shows how connective tissue covering muscles and organs are connected and affect one another in specific paths. (explains how a chronic shoulder problem could be linked an opposite glute / hip problem; or where an athlete may be leaking power in their movement pattern)
- TMJ dysfunction: Have spent extensive time studying this topic.
- Concussion: Have spent significant time reviewing the scientific literature on this topic.
- James Chestnut Chiropractic Wellness Seminars: Eat Well, Move Well, Think Well.
- Extremity (arms and legs) Adjusting Seminar by Charette.
- Thompson Drop Table Technique seminar
- Several annual Australian Chiropractic Association Conferences (where a variety of world renown speakers present)
- Several annual International Vertebral Subluxation Summits - as part of the International Chiropractic Association.
 - Expanding my knowledge on the impact of a subluxation and a chiropractic adjustment on the nervous system.
- Back Pain - McGill Method. I am a certified clinician in the McGill Method to restore back health. Created and run by world expert Stuart McGill on the topic of 'Ultimate Back Fitness and Performance'. Aimed at helping elite athletes, everyday worker manual and desk bound workers as well as homemakers and those in their golden years.