

Curriculum Vitae

Date Prepared: July 13, 2026
Name: Wren Burton
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Education:

09/2013- 05/2017	Bachelor of Science (Magna Cum Laude)	Exercise Science	University of New England
09/2017- 12/2020	Doctorate of Chiropractic		Palmer College of Chiropractic West
08/2022- 11/2023	Master of Public Health	Clinical Effectiveness	Harvard T.H. Chan School of Public Health
09/2026- present	Doctor of Philosophy	Rehabilitation Sciences	Mass General Brigham University of Health Professions

Postdoctoral Training:

11/2020- 06/2021	Research Assistant	Department of Orthopedic Surgery (Dr. Christine Goertz)	Duke University School of Medicine
07/2021- 08/2021	Student	Program in Clinical Effectiveness	Harvard T.H. Chan School of Public Health
07/2021- 06/2024	Postdoctoral Research Fellow	Integrative Medicine (Dr. Matthew Kowalski and Dr. Peter Wayne)	Osher Center for Integrative Medicine, Harvard Medical School & Brigham and Women's Hospital
05/2024- 06/2024	Student	Group Medical Visit Facilitator Training (Introductory)	Integrated Center for Group Medical Visits
09/2024- 06/2026	Postdoctoral Research Fellow	Advanced Aging Research Training Seminar Series	Hinda and Arthur Marcus Institute for Aging Research
06/2025-	Postdoctoral Research Fellow	MassGeneral Brigham T90/R90 IMPACT Program	Brigham and Women's Hospital

Appointments at Hospitals/Affiliated Institutions:

2020	Chiropractic Clerk	Physical Medicine and Rehabilitation	US Department of Veterans Affairs, Palo Alto
2022-	Staff Chiropractor	Osher Center for Integrative Medicine	Brigham and Women's Hospital

Other Professional Positions:

2019-2021	Student Representative to Presidential Advisory Panel	Council of Chiropractic Education
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Committee Service:

National

2022-2023	Public Health Care Advisory Board	American Chiropractic Association Advisory Board Member
2022-2024	Research Advisory Board	American Chiropractic Association Advisory Board Member
2024-	Conference Advisory Board	Integrated Center for Group Medical Visits Advisory Board Member
2025-	Research Committee	World Federation of Chiropractic

Professional Societies:

2021-2024	Brigham and Women's Post Doctoral Association
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Ad hoc Reviewer

BMC Musculoskeletal Disorders
Contemporary Clinical Trials
Global Advances in Integrative Medicine and Health (Global Advances)
Journal of Manipulative and Physiological Therapeutics
Journal of Pain
Pain Medicine
PLOS ONE
Advances in Mind Body Medicine

Honors and Prizes:

2020	DoD/VA Chiropractic Rotation Program	United States Department of Veterans Affairs
2020	Excellence in Leadership Award	Student American Chiropractic Association

2021	Invited Commencement Address	Palmer College of Chiropractic West Campus The NCMIC Foundation
2021-2024	Chiropractic Research and Educational Fellowship	
2023-2025	LRP0000028651: Clinical Research Loan Repayment Program Award	National Center for Complementary and Integrative Health
2024	Educational Scholarship	Integrated Center for Group Medical Visits
2024-2025	R34-AT011368-03S1: Administrative Supplements for Complementary Health Practitioners	National Institutes of Health: National Center for Complementary and Integrative Health
2024	10 Under 10 Alumni Award	Palmer College of Chiropractic
2025-2027	1T90NS138001-01: Interdisciplinary Research Training Award	National Institutes of Health: National Institute of Neurological Disorders and Stroke
2025	Invited Keynote Address	Palmer College of Chiropractic
2026	George P. McAndrews and Jerome F. McAndrews Memorial Research Fund Award	The NCMIC Foundation
2026-2028	LRP0000077746: Clinical Research Loan Repayment Program Award	National Center for Complementary and Integrative Health

Report of Local Teaching and Training

Local Invited Presentations:

2024	A Tale of Two TMJ's: Chiropractic Case Management of Temporomandibular Joint Dysfunction / Invited Lecture Osher Clinical Center for Integrative Health
2024	Chiropractic Care for the Aging Population: Indications, Treatment Approaches, and Safety / Grand Rounds Brigham and Women's Hospital Division of Aging
2024	Chiropractic Care Crash Course / Invited Lecture Brigham and Women's Hospital Pain Management Center
2024	Chronneck: Combined Chiropractic Care and Tai Chi Training for Chronic Non-specific Neck Pain / Invited Speaker Brigham and Women's Hospital Phyllis Jen Center for Primary Care
2024	Gait as a Measure of Whole Person Health / Grand Rounds Osher Center for Integrative Health
2025	Gaining Competencies in Clinical Research / Invited Speaker Association of Chiropractic Colleges Research Agenda Conference

Report of Regional, National and International Invited Teaching and Presentations

National

- 2021 Best Chiropractor in Town? Prove it! / Invited Lecture
Online (Forward Thinking Chiropractic Alliance Shift Summit)
- 2022 A systematic review of chiropractic care for fall prevention in our aging society: rationale, state of the evidence, and recommendations for future research / Invited Lecture
Online (Palmer College of Chiropractic: Clinical Research Seminar Series)
- 2022 A systematic review of chiropractic care for fall prevention: rationale, state of the evidence, and recommendations for future research / Platform
San Diego, CA (Association of Chiropractic Colleges Research Agenda Conference)
- 2022 Integrating chiropractic care and mind body training for the treatment of chronic nonspecific neck pain in nurses / Poster
Online (Osher Center for Integrative Health Network Forum)
- 2023 Chiropractic Care and Fall Prevention in Older Adults: What We Know, What We Can Do, and Steps We Can Take Going Forward. / Platform
ACA Engage
- 2023 Integrating chiropractic care and mind body training for the treatment of chronic nonspecific neck pain in nurses / Platform
New Orleans, LA (Association of Chiropractic Colleges Research Agenda Conference)
- 2023 NeckSteps: An interim analysis of the impact of chronic neck pain on measures of gait health / Invited Lecture
Online (Palmer College of Chiropractic: Clinical Research Seminar Series)
- 2024 Healthcare provider perspectives of integrating a comprehensive spine care model in an academic health system: A cross-sectional survey / Platform
San Diego, CA (Association of Chiropractic Colleges Research Agenda Conference)
- 2024 The impact of neck pain on gait health: A systematic review and meta-analysis / Poster
San Diego, CA (Association of Chiropractic Colleges Research Agenda Conference)
- 2024 NeckSteps: A cross-sectional study examining measures of gait health in individuals with chronic neck pain / Invited Lecture
Online (Palmer College of Chiropractic: Clinical Research Seminar Series)
- 2024 AGE SELF CARE: Promoting healthy aging with a group visit program / Poster
Online (Integrated Center for Group Medical Visits 2024 Conference: Group Visits as Medicine)
- Winner of Best Poster Award
- 2025 Chiropractic spinal manipulation and fall risk in older adults with spinal pain: Matched retrospective cohort study using United States data / Platform
New Orleans, CA (Association of Chiropractic Colleges Research Agenda Conference)
- 2025 Preventing frailty in women: A lifestyle medicine approach / Poster

Boston, MA (Connors MassGeneral Brigham Research Center Symposium: Incorporating Sex Differences into Research)

- 2025 The functional “footprint” of chronic pain / Invited Lecture
Online (Palmer College of Chiropractic: Clinical Research Seminar Series)
- 2026 The effects of cocoa extract and multivitamin supplementation on incidence of frailty and pre-frailty: a secondary analysis / Invited Lecture
Online (Clinician-Scientists Transdisciplinary Aging Research Coordinating Center)

International

- 2021 Gen Z: How Digital Natives are Moving the Needle in Chiropractic / Invited Lecture
Online (World Federation of Chiropractic Biennial Congress)
- 2022 A systematic review of chiropractic care for fall prevention: rationale, state of the evidence, and recommendations for future research / Poster
Phoenix, AZ (Academic Consortium for Integrative Medicine and Health)
- 2022 Establishing chiropractic interprofessional postdoctoral fellowship programs in research and health policy: Experiences from two United States medical schools / Platform
St. Louis, MO (World Federation of Chiropractic)
- 2023 Integrating chiropractic care and mind body training for the treatment of chronic nonspecific neck pain in nurses / Poster
Chicago, IL (Academic Consortium for Integrative Medicine and Health)
- 2023 Integrating chiropractic care and mind body training for the treatment of chronic nonspecific neck pain in nurses / Platform
Boston, MA (The Science of Tai Chi and QiGong as Whole-Person Health)
- 2024 Chiropractic spinal manipulation and fall risk in older adults with spinal pain: Matched retrospective cohort study using United States data / Poster
Cleveland, OH (Academic Consortium for Integrative Medicine and Health)
- 2024 Gait Health in Individuals with Chronic Non-Specific Neck Pain / Poster
Cleveland, OH (Academic Consortium for Integrative Medicine and Health)
- 2024 Healthcare provider perspectives of integrating a comprehensive spine care model in an academic health system: A cross-sectional survey / Poster
Cleveland, OH (Academic Consortium for Integrative Medicine and Health)
- 2025 A systematic review of chiropractic care for fall prevention: rationale, state of the evidence, and recommendations for future research / Poster
Miami, FL (Parker Seminars: ACE (Abstracts for Clinical Evidence))
- 2025 Chiropractic spinal manipulation and fall risk in older adults with spinal pain: Matched retrospective cohort study using United States data / Oral Presentation
Miami, FL (Parker Seminars: ACE (Abstracts for Clinical Evidence))
- 2025 Chronic neck pain is associated with worse gait health: Cross-sectional observations / Poster
Maastricht, Netherlands (International Society for Gait and Posture Research World Congress)

- 2025 Sleep disturbance and gait health in patients with chronic neck pain: cross-sectional observations / Poster
Maastricht, Netherlands (International Society for Gait and Posture Research World Congress)
- 2025 Group medical visits for chronic pain in older adults: a systematic review and meta-analysis / Poster
Online (Integrated Center for Group Medical Visits 5th Annual Conference 2025)
- 2026 The effects of cocoa extract and multivitamin supplementation on incident frailty / Platform
Washington D.C. (International Conference on Frailty and Sarcopenia Research)
- 2026 Assessing group medical visits for the management of chronic pain in older adults: a systematic review and meta-analysis / Poster
Philadelphia, PA (United States Association for the Study of Pain Annual Scientific Meeting)

Report of Clinical Activities and Innovations

Past and Current Licensure and Certification:

- 2021- Registered Doctor of Chiropractic in Commonwealth of Massachusetts

Report of Scholarship

ORCID: 0000-0003-1034-2621

Peer-Reviewed Scholarship in print or other media:

Research Investigations

1. Grabowska W,* **Burton W**,* Kowalski MH, Vining R, Long CR, Lisi A, Hausdorff JM, Manor B, Muñoz-Vergara D, Wayne PM. A systematic review of chiropractic care for fall prevention: rationale, state of the evidence, and recommendations for future research. *BMC Musculoskelet Disord.* 2022 Sep 5;23(1):844. doi: 10.1186/s12891-022-05783-y.
2. Muñoz-Vergara D, **Burton W**, Bain P, Rist PM, Khalsa S, Schreiber KL, Wayne PM, Yeh GY. Understanding the dynamics of inflammatory mediators in response to mind-body movement therapies (MBMTs): A systematic review and meta-analysis of studies in healthy subjects. *Brain Behavior and Immunity Integrative.* 2023;2:100006. doi: 10.1016/j.bbii.2023.100006.
3. **Burton W**, Ma Y, Manor B, Hausdorff JM, Kowalski MH, Bain PA, Wayne PM. The impact of neck pain on gait health: a systematic review and meta-analysis. *BMC Musculoskelet Disord.* 2023 Jul 29;24(1):618. doi: 10.1186/s12891-023-06721-2.
4. **Burton W**, Salsbury SA, Goertz CM. Healthcare provider perspectives on integrating a comprehensive spine care model in an academic health system: a cross-sectional survey. *BMC Health Serv Res.* 2024;24:125. doi: 10.1186/s12913-024-10578-z.
5. **Burton W**, Wayne PM, Litrownik D, Long CR, Vining R, Rist P, Kilgore K, Lisi A, Kowalski MH. Integrating Chiropractic Care and Tai Chi Training for the Treatment of Chronic Nonspecific Neck Pain in Nurses: A Single-Arm Mixed-Methods Pilot Trial. *J Integr Complement Med.* 2024 Aug 22. doi: 10.1089/jicm.2024.0043.
6. Trager RJ, **Burton W**, Loewenthal JV, Abraham-Perez J, Lisi AJ, Kowalski MH, Wayne PM. Chiropractic Spinal Manipulation and Fall Risk in Older Adults With Spinal Pain: Observational Findings From a Matched Retrospective Cohort Study. *Cureus.* 2024;16(10). doi: 10.7759/cureus.72330.

7. Loewenthal J, **Burton W**, Kamali S, Ramani S, Wayne PM, Orkaby AR, Aronson L. Age Self Care-Resilience, a medical group visit program targeting pre-frailty: a mixed methods pilot clinical trial. *J Frailty Aging*. 2025 Feb;14(1):100005. doi: 10.1016/j.tjfa.2024.100005.
8. Wayne PM, Vining R, Long CR, **Burton W**, Litrownik D, Guzman J, Kilgore K, Hagan TJ, Rist PM, Kowalski MH. Combined chiropractic care and Tai Chi for chronic neck pain: A protocol for a pilot randomized trial. *Contemp Clin Trials Commun*. 2025 Apr 11;45:101482. doi: 10.1016/j.conctc.2025.101482.
9. Trager RJ, Baumann AN, Bejarano G, **Burton W**, Blackwood ER, Holmes BD, Goertz CM. Efficacy of nonsurgical treatments for acute non-specific low back pain: Protocol for systematic review and network meta-analysis of randomized controlled trials. *BMJ Open*. 2025, 15:e100520. 10.1136/bmjopen-2025-100520.
10. Loewenthal JV, Bart NK, **Burton W**, Kamali S, Montgomery E, Lee Ivey K, Friedman SM, Orkaby A. What Do We Know About Prevention of Frailty in Women? *Am J Lifestyle Med*. 2025 Aug 29;15598276251370606. doi: 10.1177/15598276251370606.
11. **Burton W**, Schielke AL, Butler RJ, Huberman DB, Kowalski MH, Wayne PM, Teraoka J, Vining R. Relationships Between Trunk Endurance, Low Back Pain Severity and Functional Disability in a United States Veteran Population: A Cross-sectional Retrospective Study. *J Manipulative Physiol Ther*. 2025 Jan-Jun;48(1-5):129-136. doi: 10.1016/j.jmpt.2025.08.001.
12. **Burton W**, Ma Y, Long C, McCarey J, Hausdorff JM, Vining R, Manor B, Kowalski MH, Wayne PM. Chronic neck pain is associated with altered gait performance compared to healthy controls: Cross-sectional observations. *Gait Posture*. 2026 Jan;123:109993. doi: 10.1016/j.gaitpost.2025.109993.
13. Muñoz-Vergara D, Wilson JM, Cronin AE, Park SJ, Ma Y, **Burton W**, Yang E, Dubinsky E, Wayne PM, Schreiber KL. A systematic review of physical activity-based interventions to prevent or reduce chronic post-surgical pain, *Pain Medicine*, 2026. doi: 10.1093/pm/pnag050
14. Muñoz-Vergara D, Ma Y, Yang E, Park SJ, **Burton W**, Kim E, Manson JE, Yeh GY, Wayne PM, Sesso HD. Use of complementary health approaches and research interests among older adults in the COSMOS trial. *The American Journal of Medicine*. 2026, ISSN 0002-9343, doi: 10.1016/j.amjmed.2026.04.001.
15. **Burton W**, Ma Y, Long CR, McCarey J, Vining R, Kowalski MH, Hausdorff JM, Manor B, Wayne PM. Exploring the relationships between multisite musculoskeletal pain, pain characteristics, and physical function: a cross-sectional analysis. *BMC Musculoskelet Disord* (2026). <https://doi.org/10.1186/s12891-026-09990-9>
16. **Burton W**, Muñoz-Vergara D, Ma Y, Loewenthal JV, Mita C, Edwards RR, Herman PM, Long CR, Vining R, Kowalski MH, Gardiner P, Wayne PM. Assessing group medical visits for the management of chronic pain in older adults: a systematic review and meta-analysis. *Gerontologist*. 2026 Aug 11;gnag188. doi: 10.1093/geront/gnag188.

*indicates shared first authorship