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Mr. Bookhout received his Certificate in Physical Therapy from the Mayo Clinic in 1977 and his Master's Degree in Orthopaedic Physical Therapy from the Institute of Graduate Health Sciences in Atlanta, Georgia in 1982. In April of 1983, he co-founded Physical Therapy Orthopaedic Specialists, Inc., a private practice physical therapy clinic which specializes in evaluation and treatment of spinal dysfunction.

Mr. Bookhout has taught numerous courses throughout the United States since 1981. He is currently an Adjunct Associate Professor in the Department of Physical Medicine and Rehabilitation at the College of Osteopathic Medicine at Michigan State University in East Lansing, Michigan. In 1992, Mr. Bookhout developed a course on exercise as a compliment to manual medicine as part of the Michigan State Continuing Medical Education Program.

Mr. Bookhout has authored numerous articles regarding the evaluation and treatment of patients with thoracic and low back pain and is the co-editor of the 6th Edition of Bourdillon's Spinal Manipulation, published in 2002.