

## **ABOUT DR. BRANDIE KEATES**

Changing the Game: Where Women's Health Meets Biomechanics

Dr. Brandie Keates is a chiropractor, national speaker, educator, and former paramedic known for bridging the gap between sports medicine, biomechanics, rehabilitation, and women's health.

With almost 25 years of clinical experience, Dr. Keates has become widely recognized for her work in maternal musculoskeletal health and her evidence-based approach to treating pregnant and postpartum patients. Her work challenges the long-standing belief that pain during pregnancy is something women are simply expected to tolerate, while helping providers better understand the orthopedic, functional, and lifestyle demands placed on women throughout pregnancy, recovery, and beyond.

Drawing from her background in sports medicine and treatment of high-performance athletes, Dr. Keates developed a clinical framework that applies movement science, rehabilitation principles, biomechanics, and patient-centered communication to pregnancy and postpartum care. Her lectures combine practical clinical application with real-world communication strategies, helping providers improve patient outcomes while building trust and interdisciplinary collaboration.

In addition to maternal health, Dr. Keates speaks on topics including women's biomechanics, exercise and rehabilitation, movement patterns, longevity, risk management, communication in healthcare, foot mechanics, orthotic integration, and the musculoskeletal implications of modern health trends including GLP-1 medications and rapid weight loss.

Dr. Keates has also completed advanced training through Metagenics FirstLine Therapy®, expanding her work into the intersection of nutrition, inflammation, metabolic health, exercise physiology, and musculoskeletal function. This additional training supports her growing focus on women's longevity, strength preservation, rehabilitation, movement capacity, and functional health across the lifespan.

As the former owner of one of Pennsylvania's largest referral-based chiropractic practices focused on women's and family health, Dr. Keates brings nearly 25 years of real-world clinical experience to every lecture. Her work emphasizes collaborative, evidence-informed care and encourages providers to better understand how communication, movement, biomechanics, lifestyle factors, and strength preservation influence patient outcomes.

Dr. Keates has lectured for chiropractors, healthcare providers, women's wellness groups, professional organizations, and multidisciplinary audiences on topics related to

biomechanics, rehabilitation, pregnancy, movement, communication, and women's health.

Known for her dynamic teaching style, humor, storytelling, and ability to simplify complex clinical concepts, Dr. Keates delivers high-energy presentations that attendees remember long after the seminar ends. Her practical, down-to-earth teaching style focuses on real-world application, helping providers leave with tools and strategies they can immediately implement in practice on Monday morning.

She is the founder of The Bloom Philosophy™, an educational platform designed to improve the standard of care for pregnant and postpartum patients through evidence-based clinical education, rehabilitation-focused care, and interdisciplinary collaboration.

Dr. Keates has received numerous professional honors, including Cleveland University-Kansas City's Clinical Excellence Award, the Pennsylvania Chiropractic Association President's Service Award, multiple Main Line Parent awards, and the U.S. Small Business Administration's Eastern Pennsylvania 2023 Woman-Owned Small Business of the Year Award.

A passionate advocate for women's health and functional movement, Dr. Keates is committed to helping providers rethink how they approach pain, movement, performance, recovery, and function throughout every stage of a woman's life.