

Steven M. Horwitz, D.C., C.C.S.P., C.S.C.S., C.K.T.P.
12200 Tech Road, Suite 104
Silver Spring, MD 20904
Phone: 301-622-9000
Fax: 301-622-1961
Painfree123@gmail.com
www.DCSportsInjury.com

SELECTED OCCUPATIONAL HISTORY

Clinic Director, Chiropractor, Capital Sports Injury Center, Silver Spring, MD, 1988 – present

Chiropractor, North Bergen Chiropractic Associates, Ridgefield, NJ, 1987 – 1988

Chiropractor, Southwest Chiropractic Clinic, Chicago, IL, 1986 – 1987

SELECTED EDUCATION AND LICENSURE

Doctor of Chiropractic, Licensed in the District of Columbia, License # CH030063, 2006 – present

Doctor of Chiropractic, Licensed in the State of Virginia, License # 0104 000815, 1989 – present

Doctor of Chiropractic, Licensed in the State of Maryland, License # SO1402, 1988 – present

National Board of Chiropractic Examiners, Part I, 1985

National Board of Chiropractic Examiners, Part II, 1986

Doctorate of Chiropractic, National College of Chiropractic, Lombard, IL, 1986

Bachelor of Science in Basic Sciences, National College of Chiropractic, Lombard, IL, 1984

Bachelor of Arts in History, Cornell University, Ithaca, NY, 1982

SELECTED POST-GRADUATE EDUCATION AND CERTIFICATIONS

HKC Kettlebell Certification, Jungle Gym, Alexandria, VA, 2010

Neurodiagnostics, Imaging Protocols and Pathology of the Trauma Patient, *An in-depth understanding of the protocols in triaging and reporting the clinical findings of the trauma patient. Maintaining ethical relationships with the medical-legal community.* CMCS Post Doctoral Division, New York Chiropractic Council, New York State Department of Education Board for Chiropractic, Long Island, NY, 2009

Diagnostics, Risk Factors, Clinical Presentation and Triaging the Trauma Patient, An extensive understanding of the injured with clinically coordinating the history, physical findings and when to integrate neurodiagnostics. *An understanding on how to utilize emergency room records in creating an accurate diagnosis and the significance of "risk factors" in spinal injury.* CMCS Post Doctoral Division, New York Chiropractic Council, New York State Education Department Board for Chiropractic, Long Island, NY, 2009

Crash Dynamics & Its Relationship to Causality, *An extensive understanding of the physics involved in the transference of energy from the bullet car to the target car. This includes G's of force, Newton's, gravity, energy, skid marks, crumple zones, spring factors, event data recorder and the graphing of the movement of the vehicle before, during and after the crash. Determining the clinical correlation of forces and bodily injury.* CMCS Post Doctoral Division, New York Chiropractic Council, New York State Education Department Board for Chiropractic, Long Island, NY, 2009

MRI, Bone Scan & X-Ray Protocols, Physiology and Indications for the Trauma Patient, *MRI interpretation, physiology, history and clinical indications, Bone Scan interpretation, physiology and clinical indications, x-ray clinical indications for the trauma patient.* CMCS Post Doctoral Division, New York Chiropractic Council, New York State Education Department Board for Chiropractic, Long Island, NY, 2009

Neurodiagnostic Testing Protocols, Physiology and Indications for the Trauma Patient, *Electromyography (EMG), Nerve Conduction Velocity (NCV), Somato Sensory Evoked Potential (SSEP), Visual Evoked Potential (VEP), Brain Stem Auditory Evoked Potential (BAER) and Visual-Electronystagmography (V-ENG) interpretation, protocols and clinical indications for the trauma patient.* CMCS Post Doctoral Division, New York Chiropractic Council, New York State Education Department, Board for Chiropractic, Long Island, NY, 2009

Documentation and Reporting for the Trauma Victim, *Understanding the necessity for accurate documentation and diagnosis utilizing the ICD-9 and the CPT to accurately describe the injury through diagnosis. Understanding and utilizing state regulations on reimbursement issues pertaining to healthcare.* CMCS Post Doctoral Division, New York Chiropractic Council, New York State Education Department, Board for Chiropractic, Long Island, NY, 2009

Documenting Clinically Correlated Bodily Injury to Causality, *Understanding the necessity for accurate documentation, diagnosis and clinical correlation to the injury when reporting injuries in the medical-legal community. Documenting the kinesio pathology, myopathology, neuropathology, pathophysiology in both a functional and structural paradigm.* CMCS Post Doctoral Division, New York Chiropractic Council, New York State Education Department, Board for Chiropractic, Long Island, NY, 2009

Head Trauma, Brain Injury and Concussion, *Brain and head physiology, brain mapping and pathology as a sequella to trauma. Traumatic brain injury, mild traumatic brain injury, axonal shearing, diffuse axonal injury and concussion are detailed in etiology and clinical presentation. Advanced diagnostic imaging and electrodiagnostics are detailed to create a differential diagnosis. Balance disorders that are often as a result of trauma are also explored from clinical presentation to advanced imaging and differential diagnosis.* CMCS Post Doctoral Division, New York Chiropractic Council, New York State Department of Education, Board for Chiropractic, Long Island, NY, 2009

Infectious Communicable Disease, Risk Management, Jurisprudence, *AIDS/HIV and review of Maryland chiropractic laws and regulations.* CEU Maryland, Gambrills, MD, 2009

Kinesio Taping, *Kinesio Taping Certification Program: KT – 3. Focus on advanced kinesio taping techniques.* National University of Health Sciences, Rockville, MD, 2009

Kinesio Taping, *Kinesio Taping Certification Program: KT – 1, Fundamentals of Kinesio Taping, KT – 2. Focus on advanced kinesio taping concepts and correlative techniques.* National University of Health Sciences, Rockville, MD, 2009

Active Release Techniques: Masters Class, *A course for providers that have been practicing ART® for some time and want to work on their touch, effectiveness in treatment, and work in a small group with Dr. Leahy to improve their skills.* New York Chiropractic College, Fort Lee, NJ, 2008

Management of Common Clinical Syndromes, *A review of low level laser physiology, chronic low back pain, cervical trauma, brain injury, and nutritional inflammation management.* Logan College of Chiropractic, Baltimore, MD, 2008

Clinical Mastery of the Cold Laser, *A review of low level laser physiology, chronic low back pain, cervical trauma, brain injury, and nutritional inflammation management.* Logan College of Chiropractic, Baltimore, MD, 2008

SpineCor Scoliosis and Bracing. *A review of clinic examination, x-ray evaluation, radiological characteristics of each class and sub-class of scoliosis, corrective movements and brace fitting, role of physiotherapy in scoliosis.* Spine Corporation, Washington, D.C., 2007

Active Release Techniques®, Long Tract Nerve Entrapments, *Instruction on how to take the nerve through the tissues proximally and distally to the maximum extent possible by moving every joint and body part that the nerve crosses*. New York Chiropractic College, Wall Township, NJ, 2006

National Strength and Conditioning Association National Conference. *The scientific basis of elastic resistance training, nutritional periodization for endurance athletes, multi-dimensional approach to enhancing recovery, neuro-biomechanics of maximum velocity running mechanics, heat/cold/hydration, research trends in lower back pain, body composition assessment*. National Strength and Conditioning Association, Washington, D.C., 2006

Kinesio Taping® - K1 and K2, *Kinesio Taping Certification Program: KT – 1, Fundamentals of Kinesio Taping, KT – 2. Focus on advanced kinesio taping concepts and correlative techniques*. National Health Sciences University, Rockville, MD, 2006

National Performance Enhancement Drug Summit. *NSCA National Steroid Awareness Program, combating anabolic steroid abuse, performance nutrition, strength and conditioning*. National Strength and Conditioning Association, Baltimore, MD, 2006

Maryland State National Strength and Conditioning Association Strength and Conditioning Conference, *Olympic/conjugate hybrid strength training, non-traditional exercises in strength training, dynamic warm-up, sports diet and nutrition, implementing a high school strength and conditioning program, heart rate training, speed and agility development*. National Strength and Conditioning Association, Rockville, MD, 2005

Certified USA Weightlifting Club Coach, USA Weightlifting, Ashburn, VA, 2004

National Strength and Conditioning Association National Conference, *Diet and nutrition for performance, dynamic warm-up for sports, periodization of strength training, core anatomy and training, speed acceleration mechanics*. National Strength and Conditioning Association, Minneapolis, MN, 2004

Active Release Techniques®, Upper Extremities, *Instruction in 106 protocols including peripheral nerve entrapments. Review of treatment for carpal tunnel syndrome, tennis elbow, and shoulder injuries*. New York Chiropractic College, Arlington, VA, 2003, 2005, 2007

Risk Management, *An overview and an investigation of issues in chiropractic associated with chiropractic practice and professional boundary related issues*. Maryland Chiropractic Association, Baltimore, MD, 2003

Graston Technique: Module II, *A review of examination procedures, treatment protocols, and corrective exercises for musculoskeletal dysfunction/mechanical pain using Graston instruments*. New York College of Chiropractic, Newark, NJ, 2002

Graston Technique: Module 1, *Instruction in the use of instrument-assisted soft tissue mobilization, which enables clinicians to effectively break down scar tissue and fascial restrictions*. New York College of Chiropractic, Takoma, WA, 2002

Active Release Techniques®, Lower Extremities, *Instruction in 96 protocols including peripheral nerve entrapments. Review of treatment for pelvis, hip, knee, ankle and foot injuries*. New York Chiropractic College, Newark, NJ, 1999

Pediatrics, *A review of chiropractic examination and treatment techniques for pediatric patients*. Maryland Chiropractic Association, Flintstone, MD, 1999

Active Release Techniques®, Spine, *Instruction in 82 protocols including peripheral nerve entrapments. A review of the treatment of the cervical, lumbar, and thoracic spine*. New York Chiropractic College, Newark, NJ, 1999

IDEA Personal Training Summit, *A review of upper body resistance training, heart rate training, postural analysis, and trunk biomechanics*. IDEA Health and Fitness Association, Baltimore, MD, 1999

Powerlifting Training Methods, *A review of weight training program design, techniques, and recovery methods*. Westside Barbell, Dayton, OH, 1998

Risk Management and the Chiropractic Office, *A review of Maryland chiropractic laws and regulations*. Maryland Chiropractic Association, Baltimore, MD, 1998

Activator Methods, *An introduction to Activator Methods Technique*. Life Chiropractic College, Atlanta, GA, 1996

Whiplash, The Masters Program, *A 4 module program reviewing biomechanics, experimental whiplash studies, history taking, examination, radiology, neurology of soft tissue injuries, diagnosis making, narrative report writing, motor vehicle accident reconstruction, and medico-legal strategies*. San Diego Spine Institute, Philadelphia, PA, 1994

IDEA National Fitness Conference, *A review of functional exercise training, training for weight loss, and core strengthening*. IDEA Health and Fitness Association, Washington, D.C., 1994

AIDS and Risk Management, *AIDS/HIV and review of Maryland chiropractic laws and regulations*. Maryland Chiropractic Association, Baltimore, MD, 1993, 1997, 2001, 2002, 2004, 2006

Developmental Dysplasia of the Hip, Grand Orthopedic Rounds, *A review of diagnosis and treatment of developmental dysplasia of the hip*. Georgetown Hospital, Washington, D.C., 1993

Operative Treatment of Low Back Pain, Grand Orthopedic Rounds, *A review of operative treatment of lower back pain*. Georgetown Hospital, Washington, D.C., 1993

Chiropractic Technique, *A review of Alfred States' diversified chiropractic manipulative techniques*. Parker Chiropractic College, Cherry Hill, NJ, 1992

The F.I.C.S. 2nd Annual International Symposium on Sports Chiropractic, *A review of chiropractic care for athletes*. International Federation of Sports Chiropractic, Paramus, NJ, 1990

Certified Chiropractic Sports Physician, New York Chiropractic College, Levittown, 1988

Certified Strength & Conditioning Specialist, National Strength & Conditioning Association, 1988

Rating of Physical Impairment for Disability Evaluation, *A review of the AMA guidelines for rating of physical impairment for disability evaluation*. National Health Sciences University, Paramus, NJ, 1988

Chiropractic Manipulative Techniques, Motion Palpation, *A review of motion palpation analysis and manipulative techniques for spine and extremity joints*. Motion Palpation Institute, Chicago, IL, 1986

Nimmo Technique, *A review of the development of myofascial pain syndromes and how normal reflex arcs transition into patho-physiological reflex arcs*. National Health Sciences University, Lombard, IL, 1986

Stress and Anxiety Diagnosis and Treatment, *A review of acute anxiety disorders and proper diagnosis*. Fair Oaks Hospital, Fair Oaks, IL, 1986

Clinical Gait Analysis, *A review of the scientific knowledge in the field of gait and human movement analysis. Program discussed the anatomy, biomechanics, and kinesiology of the lower extremities and pelvis and gait abnormalities*. Scholl College of Podiatric Medicine, Chicago, IL, 1986

SCHOLARLY PRESENTATIONS

Horwitz, S. M. (2009, July). Weight Training: Bridging the Gap between Injury Prevention and Physical Performance. Symposium conducted at the meeting of the Montgomery County Public Schools, Department of Curriculum and Instruction, Health and Physical Education Summer Leadership Program, Gaithersburg, MD.

Horwitz, S. M. (2008, October). Bridging the Gap between Injury Prevention and Physical Performance. Symposium conducted at the Maryland Association for Health, Physical Education, Recreation and Dance Convention, Baltimore, MD.

Horwitz, S. M. (2007, June). Sports Diet and Nutrition. Symposium conducted at the meeting of the Maryland State NSCA Clinic at Montgomery Community College, Rockville, MD.

Horwitz, S. M. (2007, April). Anabolic Steroids and the High School Athlete. Symposium conducted at the 31st Maryland State Athletic Directors Association Conference, Ocean City, MD.

Horwitz, S. M. (2007, February). Rotator Cuff Relief: How to Train the Rotator Cuff. Mid-Atlantic Strength Symposium, Fairfax, VA.

Horwitz, S. M. (2006, October). Strength and Conditioning for the Physical Educator, Dynamic Warm-up and Stretching Myths, Anabolic Steroid Abuse. Symposium conducted at the Maryland Association for Health, Physical Education, Recreation and Dance Convention, Baltimore, MD.

Horwitz, S. M. (2005, July). The Chiropractor as a Field and Multi-Disciplinary Field Practitioner. Israeli Chiropractic Society International Sports Medicine Symposium, Tel Aviv, Israel.

Horwitz, S. M. (2005, May). Soft Tissue Injuries: Recognition, Care, and Prevention. Symposium conducted at the Maryland NSCA State Strength and Conditioning Conference, College Park, MD.

Horwitz, S. M. (2000, March). Weight Training Injuries: Recognition and Prevention. Symposium conducted at the Maryland Chiropractic Association Continuing Education Forum, Baltimore, MD.

Horwitz, S. M. (2000, March). Anabolic Steroids. ACBSP Chiropractic Sports Science Symposium, Baltimore, MD.

Horwitz, S. M. (1999, July). Weight Training Injuries: Recognition and Prevention. North Carolina Chiropractic Society Sports Injury Symposium, Durham, NC.

Horwitz, S. M. (1998, November & December). Chiropractic Patient Case Studies. Symposia conducted at the meetings for George Washington University Center for Integrated Medicine, Washington, DC.

Horwitz, S. M. (1998, November). Olympic Case Studies. Symposium conducted at the meeting of the American College of Sports Medicine, Greater New York Chapter, New York, NY.

Horwitz, S. M. (1998, October). Chiropractic Care. Symposium conducted at the National Naval Medical Center's Meeting of the Association of Operating Room Nurses, Bethesda, MD.

Horwitz, S. M. (1997, June). Sports Injuries. Symposium conducted at the National College of Chiropractic Homecoming, Lombard, IL.

Horwitz, S. M. (1996, February). Weight Training Injuries, Functional Training for Young & Older Adults. Symposium conducted at the Wellness, Fitness & Sports Performance Conference, Bethesda, MD.

Horwitz, S. M. (1996, November). Injuries in Weightlifting Competition. Symposium conducted at the meeting of the American College of Sports Medicine, Greater New York Regional Chapter, New York, NY.

Horwitz, S. M. (1996, October). Role of the Allied Health Care Professional in the Tent. Marine Corps Marathon Sports Medicine Symposium, Bethesda, MD.

Horwitz, S. M. (1996, October). A Chiropractic Olympiad. Symposium conducted at the Maryland Chiropractic Association Fall Convention, Frederick, MD.

Horwitz, S. M. (1996, August). Commencement address presented at the graduation ceremonies of the National College of Chiropractic, Lombard, IL.

SELECTED TEACHING AND LECTURING

Co-Chairperson, PE-22 Care and Prevention of Athletic Injuries, Maryland Public Secondary Schools Athletic Association, Rockville, MD, 2005 – Present

Lecturer, Back Care and Injury Prevention, Northern Virginia Police Academy, Ashburn, VA, 1999

Lecturer, Sports Injuries - Prevention and Care, Maryland Senior Fitness Sports Clinic hosted by Maryland Council on Physical Fitness, Baltimore, MD, 1997

Lecturer, Ergonomics, Nutrition and Fitness, Central Processing Association, Fairfax, VA, 1997

SELECTED PUBLICATIONS

Horwitz, S. M. (2007). *Rotator Cuff Relief: The Ultimate Guide to Rotator Cuff Fitness and Injury Prevention*. Unpublished manuscript.

Horwitz, S. M. (2007, July). Golf fitness with Dr. Steve - Golf flexibility. Posted at <http://www.golfthemidatlantic.com/story/370>

Horwitz, S. M. (2007, May). Golf fitness with Dr. Steve - Gold and your wrists. Posted at <http://www.golfthemidatlantic.com/story/353>

Horwitz, S. M. (2007, March). Golf fitness with Dr. Steve - Strengthen your core. Posted at <http://www.golfthemidatlantic.com/story/332>

Horwitz, S. M. (2007, January). Golf fitness with Dr. Steve - The address position. Posted at <http://www.Golfthemidatlantic.com/story/370>

Horwitz, S. M. (1997). Olympic gold: Recalling the spirit of the XXVI Olympic Games. *Journal of the American Chiropractic Association*, June 1997, 18-21, 78-79.

Horwitz, S. M. (2006). *Golf fitness made easy! A complete golf fitness and injury prevention program*. Unpublished manuscript.

Horwitz, S. M. (1997). How to get on track. *Alumnus: The NCC Alumni Association Magazine*, 33(2), 8-9.

Horwitz, S. M. (1996). The Olympic medical corps: An Olympic high. *Biomechanics*, 3(8), 42-44.

Horwitz, S. M. (1996). Olympic athletes give thanks for chiropractic. *Dynamic Chiropractic*, 14(21), 33-34.

Horwitz, S. M. (1996). Making the team. An Olympic hint on how to build a sports therapy practice. *In Practice*, 1(4) 12-18.

Horwitz, S. M. (1996, July). Golf elbow. *The Washington GOLF Monthly*, 62.

Horwitz, S. M. (1996, Winter). Anabolic steroids: The road to the gold or grave. *American Medical Athletic Association Quarterly*, 10(1), 16-18.

Horwitz, S. M. (1996, May). The golf doctor. A pain in the back. *The Washington GOLF Monthly*, 82-83.

Horwitz, S. M. (1996). Don't get burned by the sun. *East Coast Invitational Track and Field Championships Program*, 88.

Horwitz, S. M. (1995). Olympic dreams do come true. *Dynamic Chiropractic*, 13(26), 1, 30, 35.

Horwitz, S. M. (1995). Clinician's Corner: Starting a Patient on an Exercise Program. *Chiropractic Sports Medicine*, 9(1).

Horwitz, S. M. (1995, October). Getting help for carpal tunnel syndrome, *Washington Office*, 30-31.

Horwitz, S. M. (1994). *Anabolic steroids: The road to the gold or the road to the grave*. Unpublished manuscript.

Horwitz, S. M. (1993). *YOU CAN BE FIT! A simple guide to understanding fitness and nutrition*. Des Moines: Foundation for Chiropractic Education and Research.

SELECTED TELEVISION AND RADIO APPEARANCES

Producer Unknown. (2005, April & May). *Anabolic Steroids, Sports Performance Training, Sports Injury Prevention* [Radio Broadcast]. Baltimore, MD: Youth Sport Radio.

Producer Unknown. (1989). *National Series Steroids* hosted by Forrest Sawyer [Radio Broadcast]. New York, NY: WABC Radio.

Producer Unknown. (1989). *Teen Talk* [Television Series]. Rockville, MD: Montgomery Community Television.

SELECTED AWARDS AND HONORS

Top Sports Medicine Experts, Washingtonian Magazine, 2010

Guide to America's TOP CHIROPRACTORS, Consumer's Research Council of America, 2006

Governor's Citation, Robert Ehrlich, Governor, 2004

Presidential Citation Award, National College of Chiropractic, 1997

Certificate of Appreciation, National College of Chiropractic, 1997

Olympic Treasures Museum Display, Maryland Historical Society, 1997

Outstanding Achievement Award, Maryland Chiropractic Association, 1996

Washington's Top Sports Doctors, Washingtonian Magazine, 1995

SELECTED PROFESSIONAL MEMBERSHIPS

American Chiropractic Association, Member, 1986 – present

American Chiropractic Association Council on Sports Injuries and Physical Fitness, Member, 1988 – present

Federation Internationale Chiropractique Sportive, Full Member, 1996 – present

Maryland Chiropractic Association, Member, 1988 – present

National Strength and Conditioning Association, Member, 1988 – present

United States Olympic Sports Medicine Society, Member, 1994 – present

SELECTED COMMUNITY SERVICE

YouthSportsParents.com, Panel of Experts, Waltham, MA, 2004 – present

National Strength and Conditioning Association, Maryland Director, Silver Spring, MD, 2004 – 2010

USATF National Master's Indoor Track and Field Championships, Event Chiropractor, Landover, MD, 2009

National Marathon, Event Chiropractor, Washington, D.C., 2007

Maryland Elite Athletic Club, Team Doctor, Landover, MD, 1999 – 2001

Adidas D.C. Invitational Track and Field Championships, Event Chiropractor, Fairfax, VA, 2000

FLIA Wrestling Freestyle World Cup 2000, Chiropractor, Fairfax, VA, 2000

Maryland Elite Grand Prix Invitational, Team Chiropractor, Landover, MD, 2000

Chicago, Mechanic Theater, Performance Chiropractor, Baltimore, MD, 1999

Les Arts Saux, Kennedy Center, Performance Chiropractor, Washington, D.C., 1999

American University, University Sports Chiropractic Consultant, Washington, D.C., 1997 – 2005

American Arm Wrestling Championships, Event Chiropractor, Crystal City, VA, 1997

Jr. Pan American Track and Field Championships, Team Chiropractor, Havana, Cuba, 1997

Maryland State Advisory Council on Physical Fitness, Chairman and Member,
Baltimore, MD, 1996 – 2004

United States Olympic Team, Chiropractic Physician, Games of the XXVI Olympiad,
Summer Olympic Games, Atlanta, GA, 1996

The Dance Theatre of Harlem, Kennedy Center, Performance Chiropractor,
Washington, D.C., 1995

Crazy For You, Kennedy Center, Performance Chiropractor, Washington, D.C., 1995

United States Olympic Festival, Chiropractor, Colorado Springs, CO, 1995

American Heart Association, Basic Life Support Instructor, Silver Spring, MD, 1994 -
present

Jesus Christ Super Star, Warner Theater, Performance Chiropractor, Washington, D.C.,
1994

Marine Corps Marathon, Medical Staff, Washington, D.C., 1994 – 1995

Radio City Music Hall Spectacular with The Rockettes, Performance Chiropractor,
Baltimore, MD, 1994

United States Olympic Training Center, Chiropractor, Colorado Springs, CO, 1994

Potomac Valley Athletic Association, Sports Medicine Committee Chairman, Fairfax,
VA, 1992 – 2002

Mobil I Invitational Track and Field Championships, Event Chiropractor, George Mason
University, Fairfax, VA, 1991 – 1993, 1995 – 1997

Potomac Valley Athletic Association Championships, Medical Director, Alexandria, VA,
1991 – 1993, 1995 – 1996, 1998, 2002, 2003

Potomac Valley Athletic Association, Jr. Olympics, Medical Director, Bowie, MD, 1991

TAC National Championships, Medical Staff, New York, NY, 1991

U.S. Powerlifting Maryland Championships, Medical Director, Laurel, MD, 1991

TAC East Coast Invitational, Medical Staff, Bowie, MD, 1990 – 1991

U.S. Powerlifting Collegiate National Championships, Medical Staff, Annapolis, MD,
1989, 1990

Maryland State Games, Medical Staff, Bowie, MD, 1989

George Mason University, University Sports Chiropractor, Fairfax, VA, 1989 – 1993

New Jersey High School Weightlifting Championships, Medical Director, Paramus, NJ,
1988