

DESIREE YLLAN, DC, CCSP



EDUCATION

TEXAS A & M CORPUS CHRISTI

Master of Business Administration
OCT/ 2023

PALMER COLLEGE OF CHIROPRACTIC WEST

Doctor of Chiropractic
JUN/ 2019

SAN JOSE STATE UNIVERSITY

Bachelor of Science Kinesiology
DEC/ 2014

RELEVANT SKILLS

- Sports injury assessment and rehabilitation
- Injury prevention strategies
- Spinal & extremity manipulation and joint mobilization
- Myofascial techniques: MFD, IASTM, PNF, ART principles
- Corrective exercise prescription
- Functional movement screening (SFMA)
- Sports performance optimization and recovery
- Patient education on biomechanics and recovery
- Collaboration within multidisciplinary care teams
- Make appropriate patient referrals
- Maintain accurate and detailed records
- CPR/First Aid Certified
- Strength & Conditioning program design: Strength, Power, Endurance Flexibility, Balance etc.

WORK EXPERIENCE

CHIROPRACTOR

Agile Occupational Medicine (02/2025-Present)

- Conduct patient consultations by reviewing health and medical histories, questioning, observing, and examining patients, and reviewing x-rays, as indicated.
- Create personalized treatment plans for each patient according to their needs and goals. Update and modify the treatment plan on an ongoing basis.
- Use clinical reasoning in treating and planning, implementing, and monitoring patient progress.
- Collaborate with other healthcare professionals to ensure comprehensive patient care & complete timely and accurate documentation.
- Educate patients on proper posture, ergonomics, exercise and self-care techniques for injury prevention
- Maintain open communication with the patient, other team members, and referring physician regarding the patient's care plan & progress.

ASSOCIATE CHIROPRACTOR

O2 Chiropractic & Wellness (09/2023-12/2024)

- Deliver chiropractic services for a wide range of clients, with an emphasis on sports-related injuries and functional rehabilitation.
- Perform diagnostic assessments using orthopedic, neurological, biomechanical testing, and x-rays to develop individualized treatment plans.
- Implement soft tissue therapies such as Active Release therapies and IASTM, as well as corrective exercise programs to aid recovery and performance.
- Collaborate with a multidisciplinary team of massage therapists, acupuncturists, and trainers to manage and treat sports injuries.
- Educate individuals on injury prevention, proper biomechanics, and nutrition for recovery.

CLINIC DIRECTOR

100% Chiropractic (10/2022-06/2023)

- Managed clinical services and staff to ensure quality patient care.
- Lead daily pre-shift meetings and implement strategies for daily clinic operations.
- Perform diagnostic imaging evaluation for spinal correction program
- Development of clinic policies and procedures.
- Oversee weekly staff training and development.
- Analyzed clinic metrics and performance indicators.
- Provide chiropractic services and patient education.

CERTIFICATION & TRAINING

- CERTIFIED CHIROPRACTIC SPORTS PHYSICIAN (ACBSP)
- X-RAY OPERATOR & SUPERVISOR (CDPH)
- CORRECTIVE EXERCISE SPECIALIST- CPT (NASM)
- SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT (SFMA)
- MYOFASCIAL DECOMPRESSION (MFD)
- FUNCTIONAL & KINETIC TREATMENT WITH REHAB (FAKTR)
- WEBSTER TECHNIQUE (ICPA)

INTERNSHIPS

- Performance Science Training Institute (PSTI) - develop strength & conditioning programs for youth athletes.
- SJSU Air Force Reserve Officer Training Corps (AFROTC) - develop calisthenic strength and conditioning program for cadets.
- SJSU Physical Therapy Aide - perform therapeutic modalities & rehabilitative exercises with student athletes.

SPORTS CHIROPRACTIC EXPERIENCE

Team Chiropractor for the Los Angeles Astra, 2025 Season

- Provide triage and injury prevention techniques for athletes during practices, games, and events.
- Collaborated with athletic trainers, coaches, and medical staff to support athlete performance and recovery.
- Assessed musculoskeletal conditions and administered personalized treatment plans.
- Educated athletes on stretching, posture, and wellness techniques to reduce injury risk.

SOFT TISSUE THERAPIST

Apple Wellness Center (09/2019-10/2022)

- Administer on-site physiotherapeutic interventions and perform soft tissue therapies such as stretching, myofascial release, IASTM and PNF.
- Consult with patients by reviewing health and medical histories, observing, and reviewing diagnostic imaging, as indicated.
- Examine neuromuscular system and provide recommended course of care and monitor progress.
- Perform rehabilitative exercises

CHIROPRACTIC FACULTY CLINICIAN

Palmer Chiropractic College West (02/2022-10/2022)

- Provide clinical education and hands on mentoring to students
- Perform qualitative evaluation assessments on intern performance.
- Oversee clinical protocols and procedures by student interns: adjustments, adjunct therapies, examinations, radiology, and lab orders as well as case management.
- Mentored students one-on-one to improve understanding of clinical skills.

ASSOCIATE CHIROPRACTOR

CARE Chiropractic (02/2020-10/2022)

- Provide chiropractic services including manual therapies, physical therapeutic modalities, spinal decompression, & health education.
- Perform administrative tasks: scheduling, answering calls, payment and insurance inquiries.
- Conduct thorough exams including patient history, functional movement screens, and orthopedic testing as needed.
- Educate patient on condition, course of care, and make appropriate referrals when necessary.
- Develop comprehensive treatment plans, monitor progress, and reporting outcome of care.

PERSONAL TRAINER

Sunnyvale Fitness 02/2014-09/2023)

- Provided fitness assessments, goal setting, and progress tracking for clients.
- Created and supervised exercise programs based on clients' specific needs, preferences, and limitations.
- Offered one-on-one coaching as well as small-group training, ensuring individualized attention and motivation.
- Managed and updated client records, ensuring clear communication about progress and areas for improvement.
- Offered injury prevention advice and modifications for clients with pre-existing conditions or injuries.