

Jai Patel D.C.

CHIROPRACTOR



EDUCATION HISTORY

2017 - 2021
Southern California
University of Health Sciences
Doctor of Chiropractic

2015 - 2017
California State University,
Northridge
B.S. in Kinesiology/Exercise
Science

2013 - 2015
Moorpark College
B.S. in Kinesiology/Exercise
Science

ACTIVE LICENSES

California Doctorate of
Chiropractic
BLS/CPR Certified

LANGUAGES

English
Spanish
Gujarati (basic)
Hindi (basic)

PROFESSIONAL OBJECTIVES

I am a chiropractic graduate from Southern California University of Health Sciences (SCUHS) where I earned my Doctorate of Chiropractic degree in the accelerated track. During this time, I enrolled and completed the sports medicine program which they offered at the school. I have worked as a student doctor in both the general health clinic and sports medicine clinic. I was able to build a one-on-one professional relationship with the sports medicine doctor, which allowed me to efficiently build my diagnosing and rehabilitation skills. My interpersonal and communication skills have allowed me to successfully treat patients of varying ages and backgrounds. One of my strongest assets is my ability to empathize and understand patients and their injuries. Growing up, I played various sports and have endured quite a few injuries. I have come to understand the mental and physical challenges associated with rehab, recovery, and return to play. I believe each patient is unique and deserves to be informed and educated about their individual treatment plans. I am willing to learn and adapt to new environments, while building professional relationships with my employer and co-workers. If given the opportunity, I will work alongside your team to create a friendly environment and provide quality care to patients.

I currently live in Downtown Los Angeles but I am willing to commute for work.

Please contact me if you have any questions or are interested in meeting in person.

Thank you in advance for your consideration.

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PROFESSIONAL EXPERIENCES

Dilanchian Chiropractic (Personal Injury)

March 2023 - Present

- Managed personal injury cases involving car accidents, slip and falls, pedestrian, and assault injuries in Glendale, Koreatown, and Van Nuys offices
- Performed history intakes and musculoskeletal exams and monthly follow-up exams for each patient
- Performed spinal and extra-spinal adjustments
- Provided patients with a variety of treatment modalities including E-stim, intersegmental traction, paraffin wax, Hyper-volt massage, and infrared
- Requested and reviewed X-rays, MRIs, and CT scans with patients as needed
- Referred patients to orthopedic specialists, pain management specialists, and spine specialists as needed

SCUHS SPORTS MEDICINE CLINIC

May 2019 - Sep 2021

- Worked alongside Dr. Joseph Houde as a student doctor of chiropractic
- Created orthopedic and examination flows to more efficiently and accurately examine and diagnose patients
- Provided patient-centered care and instructed patients on the benefits of positive lifestyle changes such as a healthy diet plan and an exercise schedule catered to each individual patient's needs

SYNERGY CHIROPRACTIC

Sep 2019 - Sep 2021

- Worked alongside Dr. Eric Blum and Dr. Ryan Rubin as a student intern in their chiropractic office
- Took extensive patient histories and communicated one-on-one with patients to build a strong foundation to base their treatment and rehab plans
- Utilized various treatment modalities on patients such as muscle stimulation, heat laser, pulsed electro-magnetic field (PEMF) therapy, therapeutic ultrasound, COX flexion distraction table, cupping, instrument assisted soft tissue mobilization (IASTM), and cryotherapy
- Instructed patients on rehabilitation exercises to specifically target the areas of the body that have been injured or affected

CSUN CENTER OF ACHIEVEMENT

May 2016 - Mar 2017

- Performed therapeutic aquatic exercise and rehab with clients to improve mobility, gait patterns, strength, balance, and coordination
- Focused on cardiorespiratory, resistance, and flexibility types of exercises to improve the health and wellness of individuals with special needs through adapted physical activity

PERFORMANCE THERAPY CENTER

Apr 2012 - Aug 2013

- Aid who assisted with treatment modalities such as setting up electrical stimulation and performing soft tissue massage on patients
- Advising patients on proper posture, diet, and exercise
- Learning various rehabilitation exercises catered specifically to the patient's diagnosis and injury

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VOLUNTEER EXPERIENCE

THREE WINS FITNESS

Jan 2016 - Jan 2018

- Volunteer and intern as a lead exercise instructor for a non-profit fitness program for the general public
- Focused on postural correction and administering exercise protocol testing
- Performed exercise demonstrations with a team for a homecoming event in recognition of Dr. Sam Winningham, the 2nd Department Chair of CSUN, as well as to promote the program

COMMIT TO BE FIT

May 2017 - Dec 2017

- Worked alongside Dr. Shabnam Islam as a lead exercise instructor for a non-profit fitness program for the general public
- Designed and implemented an exercise program specifically for a scoliosis patient with a focus on increasing midback mobility, improving posture, and reducing pain levels

APPLICATION OF MOTOR BEHAVIOR PRINCIPLES KINESIOLOGY COURSE LAB

Aug 2017 - Dec 2017

- Partnered with Our Community Charter School and designed and implemented bi-weekly activity plans for 3rd grade students to promote physical activity and team building skills
- Incorporated warm-up and sports-related exercises as well as adhered to intrinsic and extrinsic movement cues to direct focus on certain movement patterns

V02 MAXIMAL LAB TESTING

Apr 2017 - Aug 2017

- Assisted the department head of kinesiology at CSUN with research regarding maximal oxygen consumption treadmill running tests
- Distributed risk stratification and PAR-Q health screening paperwork
- Conducted health assessments including waist-to-hip ratio, height, weight, and manual blood pressure measurements
- Administered exercise protocol testing to participants such as push-up, squat, and sit-and-reach tests
- Sterilized and prepared laboratory equipment such as breathing tubes, heart rate monitors, and metabolic cart calibrations