

Dr. Joann Figueroa D.C.

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Summary

Compassionate healthcare professional known for high productivity and efficient task completion. Possess specialized skills in patient diagnosis, treatment plan development, and chiropractic care. Excel at communication, empathy, and problem-solving, ensuring optimal patient care and collaboration with healthcare teams.

Skills

- Body and movement education
- Chiropractic adjustments
- Corrective exercises
- Diagnosis and treatment plan
- Lifestyle ergonomics
- Patient assessments and examinations
- Physiotherapy
- X-ray procedures and interpretation

Experience

Tabrizi Family Chiropractic March 2023 to Current
Doctor of Chiropractic
Costa Mesa, CA

- Developed and implemented patient treatment plans based on individual needs.
- Conducted physical examinations and utilized x-ray imaging to diagnose chiropractic issues.
- Performed manual adjustments of the spine, extremities, and other joints to correct imbalances in the musculoskeletal system.
- Provided patients with education regarding self-care techniques, exercise programs, nutrition advice, and lifestyle modifications.
- Collaborated with other healthcare professionals such as physicians, surgeons, pain management, and massage therapists to ensure optimal patient outcomes.

UFC Gym March 2017 to December 2022
Personal Trainer
City Of Industry, La Mirada, CA

- Conducted assessments to evaluate clients' current physical condition, strength, flexibility, and body composition.
- Developed personalized fitness programs for clients based on their individual goals and needs.
- Provided instructions in proper form, technique, and safety when performing exercises.
- Taught high-energy, instructor-led exercise classes designed to improve cardiovascular health, muscular strength, and flexibility.

Education

Southern California University of Health Sciences December 2022
Doctor of Chiropractic
Whittier, CA

Vanguard University of Southern California May 2016
Bachelor of Science: Kinesiology

Costa Mesa, CA

Languages

Spanish:



Full Professional

Certifications and Licenses

- Chiropractic License
- Radiography Supervisor and Operator Permit
- Instrument Assisted Soft Tissue Mobilization Technique Certification
- KettleBell Certification
- TRX Suspension Trainer Certification
- Bulgarian Bag Certification

References

References available upon request.