

## **Manuel Urteaga, DC, MS, RCEP-ACSM, CME, CSCS**

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[www.urteagachiropractic.com](http://www.urteagachiropractic.com)

### Education:

- California State University, Long Beach
  - M.S. Kinesiology; Sports Medicine/Injury Studies March 2014
- Southern California University of Health Sciences
  - Doctor of Chiropractic December 2007
- California State University, Fullerton
  - B.S. Kinesiology; Exercise Science June 2004

### Work Experience:

- Urteaga Chiropractic & Sports Medicine January 2008 - Present
  - Sports Medicine Chiropractor
    - Diagnosis and treatment of musculoskeletal injuries with an emphasis in sports related injuries, as well as sciatica, headaches, low back pain, neck pain, osteo-arthritis, and carpal tunnel syndrome
    - Implementation of appropriate therapeutic exercises
  - Personal Injury Chiropractor
    - Proper management, mitigation and documentation of auto collision patients
    - Thorough understanding of all matters related to auto injury claims
    - Reasonable billing
- Southern California University of Health Sciences September 2011 – Present
  - Assistant Professor
    - Exercise Physiology & Principles of Exercise, Clinical Reasoning 1 & 2, Clinical Orthopedic & Neurologic Evaluation
    - Instruction of students with clinical reasoning skills and patient management procedures
    - Supervision and direction of student chiropractic interns
- Montebello High School January 1999 – Present
  - Head Strength & Conditioning Coach/Assistant Volleyball Coach/Football Team Chiropractic Sports Medicine Doctor
    - Strength & conditioning program design and supervision for high school athletes
    - Injury treatment and prevention for boys' and girls' volleyball teams
    - Supervision of athletic medical staff
    - On site treatment of sports related injuries
- Bell Gardens High School September 2013 – Present
  - Football Team Chiropractic Sports Medicine Doctor
    - Supervision of athletic medical staff
    - On site treatment of sports related injuries

- East Los Angeles College January 2011 – January 2012
  - Dance Team Doctor
    - Injury treatment and prevention for professional dance team
    - Prescription of rehabilitative and strengthening exercises for dancers

Internship:

- California State University, Long Beach
  - Strength & Conditioning Complex
    - Implementation of strength & conditioning and program design for division I collegiate athletes
    - Exercise testing of athletes
  - Exercise Physiology Laboratory Graduate Assistant
    - Mentor and assist undergraduate students with anthropometric and physiological measurements in a laboratory setting
    - Teach various exercise testing methods including cardiac and pulmonary functions
  - Scientific Foundations of Locomotion
    - Generated new biomechanical assessment protocol with professor
    - Instructed undergraduate students on posture and locomotion mechanics and abnormalities

Certifications:

- Certified Medical Examiner January 2021 – Current
- Registered Clinical Exercise Physiologist June 2014 - Current
- Certified Strength & Conditioning Specialist March 2011 – Current
- California Basic Educational Skills Test (C-BEST) June 2004
- Basic Life Support & CPR January 1999 – Current

Professional Association:

- American College of Sports Medicine January 2012 - Current
- National Strength & Conditioning Association March 2011 – Current
- Bright Health Physicians January 2009 – December 2011
- California Chiropractic Association January 2008 – Current
- American Chiropractic Association March 2005 – December 2010
- National Federation State High School Association August 2001 – Current

Community Service:

- Whittier Community Foundation Board - President August 2017-Current
- PIH Circle of Excellence June 2016 - Current
- City of Whittier 5K Committee January 2014 – Current
- Activate Whittier Board January 2014 – December 2017
- Aids Lifecycle Ride to End AIDS June 2005 – June 2007
- Healing Hands for Humanity Mexico Outreach Program August 2005 – December 2007
- UCLA Latino Alumni Association Scholarship Committee May 1997 – May 2006

Awards & Achievements:

- Graduate Student Honors, CSULB March 2014
- 4.0 Club, CSULB March 2014