

Curriculum Vitae

Dr. Lauren R. Ragazzo, D.C.

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Education:

- Life University College of Chiropractic-*Doctor of Chiropractic*-September 2013
- Life University-*Bachelor of Science, Biology*-June 2009
- Salt Lake Community College-*Associate of Science*-December 2004
- Park City High School-*Diploma*-June 2000

Professional Experience:

- Family Health Centers of San Diego-*Doctor of chiropractic*-January 2016-present

Doctor of Chiropractic in one of the largest FQHC facilities in the nation. Began the chiropractic department in this multidisciplinary practice, which has a focus on providing healthcare for the underserved communities. Working closely with primary medical doctors in order to improve the quality of life of high risk patient populations. Chiropractic techniques are determined after careful review of exam findings as well as MRI and X-ray results. Patient specific care plans are created which will reduce discomfort, allow greater mobility and improve quality of life while working within the confines of two visits per month on average. The majority of patients are chronic pain patients, and those who are on the verge of needing surgery. Aided in the growth of the chiropractic department from one clinic to four, within one year.
- North County Health Services, Oceanside CA-*Doctor of Chiropractic*-March 2016-October 2016

Was responsible for building the chiropractic department, for NCHS Oceanside clinic. This practice was within a federally qualified health center. Patient population was primarily the underserved communities which included veterans, disabled patients, and those who had complicated spinal conditions. Chiropractic technique was modified to cater to the specific needs of each patient. Worked with the primary doctors, with the goal of reducing the need for medication and surgical intervention in chronic pain patients.
- Neighborhood Healthcare, Escondido CA- *Doctor of Chiropractic*- May 2015-November 2015

Doctor of Chiropractic in a FQHC community clinic, who specializes in the needs of the underserved population. Helped to build the chiropractic department from the ground up, by building a chiropractic patient base, educating the primary providers, training the staff and providing the clinic with education regarding the chiropractic profession. Treatments were modified according to the examination findings and the individual needs of the patients. Adjustive techniques include Diversified, Thompson and Activator. Pre-natal chiropractic services through geriatric services are included in this patient base. An emphasis on corrective care is utilized for patients who are utilizing Medi-cal, Medicare and health plan chiropractic benefits. Basic Spanish is utilized for the patient examinations and adjustments.

- The Joint, Oceanside/Escondido CA-*Doctor of Chiropractic*-February 2014-February 2015

Doctor of chiropractic in a high-volume, fast paced, wellness care setting. Responsibilities include taking patient histories, performing physical examinations, diagnosing various musculoskeletal and neurological disorders, and performing chiropractic adjustments. Subluxation based model utilized for specific adjustive techniques. Patient referrals performed when warranted. Complicated cases from various offices are typically sent to me for my advisement and care.

- From Within-*Doctor of Chiropractic*- September 2013-2015

Responsibilities included: The diagnosis of various musculoskeletal and nervous system disorders, as well as the effects of these disorders on the general health of the patient. The patient base includes families, as well as professional MMA and UFC fighters. Patients are treated by using a hands-on, drug-free approach which incorporates a specific corrective care plan for the individual patient. Corrective care plans include postural correction as well as quality of life improvement. The patients are educated regarding their conditions, and are given the proper tools to aide in their recovery in addition to a preventative lifestyle. Adjusting techniques includes Diversified, Activator, and Diversified drop table. Corrective care plans include various approaches of cervical, thoracic, and lumbar traction, as well as the complimentary spinal exercises which have been customized for the individual patient.

- Gold Wellness Center-*Chiropractic Externship*- April-September 2013

Responsibilities included: Diagnosing and treating patients with various conditions within the scope of chiropractic practice. This included chiropractic adjustments, patient management plans, performing physical exams, taking patient histories, diagnostic imaging, patient education, and physical therapy modalities.

- Life University Outreach Clinic-*Chiropractic Student Intern*- Jan.-March 2013
- U of U Hospital-*Patient care coordinator*- January 2000-February 2001

Academic Awards:

- Dean's List: Life University-Fall 2005
- Academic Excellence Award: Health Care, Level I ACE, State of California assessment in Career Education-1999
- Therapeutic Health Aide, Certificate of competency: San Diego County Regional Occupational Program-June 1999