

Christopher K Co, DO

Education

Riverside Community Hospital
General Surgery Residency
July 2020 – June 2025

Touro University, California – College of Osteopathic Medicine
D.O., Doctor of Osteopathic Medicine
June 2016 – June 2020

University of California, Davis
Bachelor of Science in Neurobiology, Physiology & Behavior
September 2008 – June 2012

Work Experience

General Surgeon

August 2025 - Present

Advance Surgeons Medical Group, Monterey Park, CA

- Perform comprehensive pre-operative, operative, and post-operative patient care across diverse surgical conditions
- Conduct elective and emergency procedures including minimally invasive and open abdominal surgery

Peer Tutor

September 2017 – May 2018

Touro University, California, Vallejo, CA

- Worked closely with first-year medical students to develop comprehension of anatomy, physiology, immunology, and biochemistry.

Implant Coordinator

September 2014 – August 2016

UCSF Medical Center, San Francisco, CA

- Managed appropriate inventory of implants using issues, return to stock, and replenishment.
- Responsible for reviewing surgical schedules and identifying future implant requirements.
- Collaborated with physicians, nurses, and vendors in identifying required implants for patient care.

Certified Personal Trainer

January 2014 – October 2014

24 Hour Fitness, San Francisco, CA

- Developed exercise plans to correct muscular imbalances and mobility restrictions.
- Created dietary plans for individual clients to achieve specific goals.

Biological Science Laboratory Technician

January 2013 – September 2013

USDA Western Human Nutrition Research Center, Davis, CA

- Facilitated participant testing day – consisting of interval saliva collections, transportation, timed feeding, and the Trier Social Stress Test.
- Performed resting metabolic rate tests and operated body composition tests.
- Responsible for preparing test meals for metabolic studies.

Service

Student Run Free Clinic, Vallejo, CA

2017-2018

Performed history and physical examinations on adult patients. Diagnosed and performed osteopathic manipulative treatment. Provided health education outreach to an underserved community.

Radiant Health Centers, Irvine, CA

March 2019 – June 2020

Responsible for the acquisition and delivery of donated pantry items for families in need.

Leadership Experience

Chief General Surgical Resident at Riverside Community Hospital

2024-2025

Supervised and mentored a multidisciplinary team of junior residents, medical students, and support staff in a high-volume surgical department

Vice President of Touro Weightlifting Club

2017-2018

Responsible for maintaining gym equipment and acquiring new gym equipment to meet the needs of a growing student population.

Presentations/Publications

Abstracts

1. Co C, Gilbert J, Dubina E, Sheets N, Plurad DS, Chawla-Kondal B. Use of Angiography over Time in Patients with Combined Traumatic Brain Injury and Solid Organ Injury. *World Trauma Congress 2023*, August 9-12, 2023

Presentations

1. Co C, Gilbert J, Dubina E, Sheets N, Plurad DS, Chawla-Kondal B. Use of Angiography over Time in Patients with Combined Traumatic Brain Injury and Solid Organ Injury. *World Trauma Congress 2023*, Tokyo, Japan. August 10, 2023

Awards

- First Place Award in the So You Think You Can Operate (SYTYCO) American College of Surgeons 2022 Skills Competition. San Diego, CA. October 16, 2022

Professional Associations

American Medical Association Member

March 2019 - Present

American College of Surgeons Member

January 2019 - Present

Skills/Proficiencies

- Skills in advanced minimally invasive techniques (e.g., laparoscopy, robotic surgery)
- Experience in trauma and emergency surgery, including ATLS certification
- Former personal trainer with proficiencies in exercise program development and nutrition planning

NOT YET RETAINED