

# ASHLEY UY, D.C., M.S., Q.M.E

## EDUCATION

- D.C. 2017 **Doctor of Chiropractic, Palmer College of Chiropractic, San Jose;**  
Salutatorian; Magna Cum Laude; Recipient of Clinical Excellence Award, Class  
Fellowship Award, and Presidential Scholar Award
- M.S. 2012 **Exercise Science and Health Promotion: Rehabilitation Science,**  
**California University of Pennsylvania**
- B.A. 2007 **Psychology, San Diego State University**

## PROFESSIONAL EXPERIENCE

*Chiropractor, Family Health Centers of San Diego; San Diego, CA* — 06/2017 - 12/2018;  
10/2020 - present

- Works closely in an integrative healthcare system including primary care physicians and physical therapists to reduce pain, improve function and the overall wellbeing of patients. Determines appropriate diagnosis and treatment plan based on orthopedic and neurologic evaluations, as well as interpretations of radiographs and MRI imaging. Treatments include spinal manipulation, corrective exercise, manual therapy, and health education.

*Chiropractor, Lisa Stein Chiropractic Inc.; Cupertino, CA* — 01/2019 - 10/2020

- *Director of Patient Education and Outreach, and Chiropractor* at Monta Vista Family Chiropractic,
- Chiropractic contractor at Apple, Inc.'s employer health corporate wellness centers.

*Chiropractor PRN, U.S. HealthWorks-Concentra; San Diego, CA* — 04/2018 - 12/2018

- Chiropractor in an occupational health care system across various sites in San Diego county, including Oceanside, Hillcrest, Chula Vista, and Escondido.

*Soft Tissue Provider, Lisa Stein Chiropractic, Inc.; Cupertino, CA* — 07/2016 - 03/2017

Under Lisa Stein Chiropractic, Inc., provided manual therapies to patients with the chiropractic team at Apple Inc's onsite wellness clinic. Simultaneously, acted as chiropractic intern at Monta Vista Family Chiropractic.

*Personal Health Coach, Humana Wellness Solutions; San Jose, CA* — 05/2016 - 08/2017

Supported members seeking healthy lifestyle interventions via remote behavioral coaching. Coaching skills encompass goal setting, evidence informed positive psychology, Motivational Interviewing models of communication and support.

*Training Specialist and Health Coach II, American Speciality Health, Inc; San Diego, CA* —  
2008-2014

- *Training Specialist (2012-2014)*
- *Health Coach II (2008-2012)*

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Provided evidence based coaching including Motivational Interviewing techniques to corporate wellness programs among health plans and employer groups, including Fortune 500 companies across the United States. Coaching topics included weight management, tobacco cessation, stress management, childhood obesity, pre and post bariatric surgery coaching, and exercise consultations.

*Research Assistant, Department of Psychology, San Diego State University* — 2006-2008  
Trained in assessing Motivational Interviewing interventions in research study evaluating the use of Motivational Interviewing on subjects in South Africa concerning HIV/AIDS medication adherence.

## COMMUNITY SERVICE

*Medical Volunteer, Palmer College of Chiropractic; San Jose, CA* — 2014-2017  
Provided soft tissue care, wound care, and evaluation for athletes at the following events:  
U.S.A. Outdoor Track and Field Championships (May 2014)  
San Jose State Rugby Team (March 2014)  
North Face Endurance Challenge (Dec 2014)  
Double Road Race (Feb 2015),  
Subaru Sea Otter Classic (April 2015)  
Central Coast Barnstormers Football (May 2015)  
Subaru Sea Otter Classic (April 2016)

*Physical Therapy Aide, Sharp Rees Stealy; San Diego, CA* — 2012-2013  
Post Acute Physical Therapy Unit

## PROFESSIONAL AFFILIATIONS

2015 - 2022	Active Release Technique Provider
2017 - Present	American Chiropractic Association
2011 - Present	Corrective Exercise Specialist, National Academy of Sports Medicine
2011 - 2020	Certified Strength and Conditioning Specialist, National Strength and Conditioning Association

## ADDITIONAL CERTIFICATION

Tecnica Gavilan IASTM certification course (2014)

PMT certified, Fascial Movement Technique certified I&II - RockTape (2015 & 2017)

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Full Body Active Release Technique Provider certified - Lower Extremity (2015), Upper Extremity (2016), Spine (2017)

Qualified Medical Examiner (QME)

NOT YET RETAINED