

# Gilda Gilak, DC, MS

## Professional Activities

- **Physician, Director at Applied Chiropractic Newport Beach, Dec 2006-Present**  
In August 2006 I started my own practice at this location where I integrated my practice with two orthopedic surgeons. This opportunity gives me more flexibility to treat patients with various spine conditions.
- **Part time Faculty at Southern California University of Health and Sciences Jan2007-2009**  
**Department of Anatomy:** Instructor in Anatomy from 2007-2009.  
**Department of Basic Sciences, Microbiology:** Assistant professor 2007-2009.
- **Physician, Salimian Chiropractic and wellness Center, Tehran Iran-Nov 2005-Jun2006**  
Post-grad I traveled to Iran and worked for eight months under Dr. Salimian a Medical doctor- and a chiropractor, who is one of the few MDs that have privileges to work for United Nation. I immersed myself in more challenging patients cases.
- **Research analyst, SCUHS, 2002-2005**

## EDUCATION

- **University of Western State, March2015**  
Masters of Science in Human Nutrition and Functional Medicine.
- ***Southern California University of Health and Sciences, 2005***  
Doctor of Chiropractic
- ***Azad University-Tehran 1996-2000***  
Bachelor of Science, Cellular biology with Minor in Microbiology.
- **Orange Cost College**  
Dance Conditioning and Pilate Certificate

## Licenses and Certifications

- Board Certified, California State Board of Chiropractic Examiners, DC30269
- Certificate of Active Release Technique in full Spine, Upper Extremities, and lower extremities.
- National Board Certified, in physiotherapy, 2004

- Certificate of Radiology internship, 2005
- Certified Kinieso Tape I, II, III level provider
- *PMA*, Pilate Certification

### **Academic Activities**

- **President of Latin American Chiropractic Association, 2003- 2004**  
I was the president for three consecutive trimesters. The purpose was to organize a chiropractic missionary group, contains of 20 seniors interns to provide care for underprivileged 1000 Bolivian for 20 days. We had the privilege to work alongside of Medical Doctors, Chiropractors and Orthopedic surgeons.
- ***Secretary of Student American Chiropractic Association , SCUHS, 2002-2003***
- ***Treasure of Technique club, 2004***

### **Academic Awards and Accomplishments**

- ***Association of Professors and Scholars of Iranian heritage, UCLA, 2006***  
Recipient of “Out Standing Students” award
- ***American Chiropractic Association, SCUHS, 2005***  
Recipient of “Advocate for Chiropractic Profession” award
- ***Who’s Who Among student in University colleges honor, SCUHS, 2004***  
Recipient of” Leadership” award

### **Community Involvement**

- Farhang Foundation, Secretary of Orange county Council. 2010-Present
- Board of Directors in Iranian American Mental health Society 2010-2012
- President of California Chiropractic Association 2008-2009
- SCUHS missionary Trip to Bolivia, Chiropractic senior intern volunteer, Aug 2005
- ALS walks , Chiropractic intern volunteer, Sep 2004
- Leukemia and Lymphoma walk, Chiropractic volunteer, Sep 2003
- AIDS cycle , Chiropractic volunteer, March 2003
- Avon Breast Cancer Walk, Chiropractic volunteer, Feb 2003

### **Techniques studied**

- *Active Release Technique and soft tissue management*
- *Diversified Chiropractic Technique*
- *McKenzie Stabilization protocol, lumbar Spine*
- *kienseio taping technique*
- *Trained in McConnell and S.P.R.T athletic Taping technique*

## **AFFILIATED ASSOCIATIONS**

- *American Chiropractic Association*
- *Association of Professors and Scholars of Iranian heritage*
- *World Health organization*

NOT YET RETAINED

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