

Laura Ho, BSc, D.C., CMUA

Professional Summary

Chiropractic physician with a foundation in family wellness, postural correction, sports related injuries, personal injuries and pain management. Experienced with spinal adjustments and manual therapies to alleviate pain and improve patient mobility. Utilizes diagnostic skills to identify musculoskeletal issues and implement effective treatment plans. Knowledge of patient education techniques to promote long-term health and wellness. Collaborated with multidisciplinary teams to optimize care, promoting holistic health and results-driven approach as well as interventional medicine for optimal patient care.

Work History

S.M.A.R.T Spine Institute & Surgery Center - Associate Chiropractor
Arcadia, CA

05/2013 - Current

- Conducted thorough examinations, diagnosing conditions accurately and developing appropriate treatment plans accordingly.
- Developed customized exercise programs specifically designed to support each patient's rehabilitation process, promoting improved mobility and function.
- Collaborated with multidisciplinary healthcare teams to ensure optimal patient care and overall wellness.
- Utilized advanced diagnostic tools such as X-rays or MRI scans when necessary to identify underlying causes of pain or discomfort.
- Performed comprehensive evaluations to determine root causes of pain or discomfort, guiding appropriate treatment recommendations.
- Developed individualized exercise programs for patients to complement their in-office treatments and support ongoing wellness goals outside the clinic setting.
- Assessed patients to identify musculoskeletal and spine disorders and developed therapeutic treatment plans to correct abnormalities.
- Facilitated successful case management by coordinating with primary care physicians and other healthcare professionals to optimize patient treatment plans.
- Collaborated with multidisciplinary teams to optimize patient outcomes and overall health.
- Conducted patient history reviews and physical, neurological and orthopedic examinations to assess conditions and present disorders.
- Coordinated timely referrals when necessary for specialized care or

Skills

- Soft Tissue Therapy (ART and MRT)
- Instrument Assisted Soft Tissue Mobilization
- KinesioTaping/ Sports Taping
- Diversified Technique
- Pettibon Technique
- Cox Technique
- Neurological Evaluation
- Orthopedic Evaluation
- Neuromusculoskeletal Assessment
- Diagnostic Imaging Interpretation
- Postural Correction
- Therapeutic Modalities
- Rehabilitation Exercises
- Radiology Operator and Supervisor
- Manipulation Under Anesthesia

Education

11/2015

Innercalm Associates
Manhattan Beach, CA

Certification: Manipulation Under Anesthesia

further diagnostic testing beyond the scope of chiropractic services.

- Maintained detailed records of patient treatments, progress, and outcomes to facilitate effective care coordination and continuity.
- Educated patients on the importance of proper posture and ergonomics, resulting in reduced workplace-related musculoskeletal issues.
- Reduced recovery time for patients suffering from sports injuries through targeted chiropractic interventions.

Physician's Report of the Independent Medical Exam - Chiropractor
Encino, CA

01/2013 - Current

Functioned as a representative on behalf of the plaintiff to dictate and observe the independent medical exam.

Opus Medical Center - Supervising Chiropractor

San Pedro, CA

06/2012 - 04/2013

- Conducted patient history reviews and physical, neurological and orthopedic examinations to assess conditions and present disorders.
- Assessed patients to identify musculoskeletal and spine disorders and developed therapeutic treatment plans to correct abnormalities.
- Implemented pain management strategies and specialized operations to improve patient health and reach recovery objectives.
- Utilized advanced diagnostic tools such as X-rays or MRI scans when necessary to identify underlying causes of pain or discomfort.
- Responsibilities include new patient exams, re-exams, SOAP notes, record keeping, personal injury reports, facilitate team meetings, co-management with medical doctor and physician's assistant for patient treatment plans.
- Physiotherapy included cryotherapy, electrical stimulation, ultra-sound, spinal decompression/traction, flexion-distraction, manual therapy, kinesiology taping, athletic taping, Active Release Techniques™, myofascial release, physio-therapy, active rehabilitation, pre-surgical and post-surgical rehabilitation and chiropractic.
- Promoted a positive clinic environment by maintaining clear communication with staff members and addressing concerns proactively.
- Expanded clinic services by integrating complementary therapies such as acupuncture, massage, and nutritional counseling into practice offerings.
- Mentored aspiring chiropractors during their clinical internships, fostering growth in both knowledge and skills within the profession.
- Implemented evidence-based practices to ensure the highest quality of chiropractic care for all patients.
- Collaborated with multidisciplinary healthcare teams to ensure optimal patient care and overall wellness.

Whittier Health Center - Supervising Chiropractic Intern

04/2014

California Dept of Public Health
Radiologic Branch

Sacramento, CA

Certification: California Radiology
Supervisor And Operator

04/2012

Southern California University of
Health Sciences

Whittier, CA

Doctorate of Chiropractic

- Dean's List
- Magna Cum Laude Graduate
- Sports Injury Council- Member
- Student American Chiropractic Association- Member
- World Congress of Women Chiropractors- Member
- Motion Palpation Club- Member
- Delta Tau Alpha, Honors Society Fraternity-Member

05/2008

California State University, Northridge
Northridge, CA

Bachelor of Science: Biological Sciences

- Dean's List
- Elected to Treasurer for Association for Pre-Medical Students
- Peer Advisor for Pre-Professional Health Advising Office

06/2004

San Diego State University

San Diego, CA

Associate of Science: Physiological
Sciences

- Dean's List

Whittier, CA

12/2011 - 04/2012

Functioned as supervising senior intern for 7th term students who are seeing patients in the clinic for the first time. Assist with orientation to the clinic, teaching proper record keeping and paperwork procedures, chart organization, development of management plans, and use of equipment. Act as a liaison to the interns' supervising clinicians.

Functional Orthopedic Rehabilitation Medical Assoc - Chiropractic Intern

Newport Beach, CA

08/2011 - 04/2012

Assisted resident doctors with diagnosis and treatment of acute and chronic sports injuries with a primary patient base of local amateur and professional cyclists, marathoners and tri-athletes. Responsibilities include exams, re-exams, SOAP notes, record keeping, cryotherapy, electrical stimulation, ultrasound, cold laser, spinal decompression/traction, flexion-distraction, massage therapy, kinesiology taping, athletic taping, Active Release Techniques, Graston Technique, myofascial release, physiotherapy, active rehabilitation, post-surgical rehabilitation and chiropractic.

Surf City Marathon - Chiropractic Volunteer

Huntington Beach, CA

02/2012 - 02/2012

Participated in event-site pre-/post-participation chiropractic and physiotherapy treating chronic and acute sports injury for marathon participants. An outdoor event using minimal modalities including: myofascial release, muscle stretching, Kinesio-Taping, cryotherapy and chiropractic. Multidisciplinary type setting including chiropractors, certified athletic trainers, doctors of physical medicine, and doctors of osteopathy.

Mount San Antonio College Health Center - Chiropractic Intern

Walnut, CA

05/2011 - 12/2011

Functioned as primary care giver in the diagnosis and treatment of acute and chronic injuries and general health care. Responsibilities include exams, re-exams, SOAP notes, record keeping, cryotherapy, electrical stimulation, ultrasound, myofascial release techniques, kinesiology taping, Graston™ Technique, physio-therapy, active rehabilitation, and chiropractic.

Mahanattan Beach Open - Chiropractic Intern

Manhattan Beach, CA

08/2011 - 08/2011

Participated in event-site pre-/post-participation chiropractic and physiotherapy for professional level athletes in a fast paced, high volume outdoor event treating chronic and acute sports injuries utilizing myofascial release, muscle stretching, Kinesio-Taping, GrastonTechnique,

cryotherapy and chiropractic. Multidisciplinary type setting including chiropractors, certified athletic trainers, licensed physical therapists, licensed massage therapists, and orthopedic surgeons.

NOT YET RETAINED