

Tracy Foley

Professional Summary

As a doctor of chiropractic, I evaluate the functioning of the neuro-musculoskeletal system in order to diagnose and treat conditions of the nervous system, spine and extremities. I prioritize in-depth medical history taking in order to fully understand the patient's condition and provide treatment in the form of chiropractic manipulation, soft tissue work and any other relevant modalities to assist in the healing process. My goal is to optimize the health of my patients, improve their quality of life and assist in furthering the chiropractic profession.

I adjust using a combination of diversified, drop table (Palmer and Thompson techniques), Activator and Webster technique. I also utilize sports taping, cold laser, red light, Active release technique, SOT, Applied Kinesiology, NET and Gua Sha (Graston) as well as the use of nutritional supplements and homeopathic remedies. I have several continuing education hours in functional lab evaluation and have been ordering and interpreting blood work since I started my practice in 2009.

Work Experience

Chiropractor

Foley Chiropractic, PC, Inc.-Manhattan Beach, CA
February 2010 to Present

Foley Chiropractic, PC, Inc., Manhattan Beach, CA - Owner (2009 - present): I began this business as an independent contractor in early 2009 (Body Balance Chiropractic at that time) and as it grew I transitioned it into a professional corporation. Over the past 15 years I have maintained my primary South Bay, Los Angeles presence and have also branched out to open satellite offices in South Pasadena, CA and Fircrest, WA. I have used Telehealth in this practice during COVID and have maintained this as an option when needed for patients. I am currently teaming with 'Heal LA' in Manhattan Beach, a holistic wellness center offering cutting edge holistic therapies and practitioners at the top of their fields. This has helped to provide a team of trusted professionals I can refer to for acupuncture, craniosacral, massage, lymphatic drainage, pilates, yoga, and more.

Fife Chiropractic and Health Awareness Center, Fife, WA - (2019-2024): At Fife Chiropractic I worked closely with Dr. Chrissy Blair, who specialized in the care of emphasis of pregnant women, infants and children. I utilized my Webster training as well as soft tissue and cranial techniques. I also was in the insurance system for the first time while working in this clinic and learned all about insurance, personal injury cases and workers compensation. Here I collaborated with lawyers and other doctors and practitioners (physical therapists, neurologists, rheumatologists, acupuncturists, massage therapists, etc.) in order to coordinate patient care and management.

Locum Tenens - Washington (2017-2021) - I worked in several offices across Western Washington State to assist with pregnancy leave and vacations. This experience helped me to hone my problem solving, office management and patient management skills as well as growing my ability to effectively set boundaries and management my time.

CID Management- Initial clinical reviewer from 2012 to 2017: I was contracted with CID as a clinical reviewer which involved reviewing medical history and evaluating requests for treatment within the workers compensation system. The bulk of my cases included reviewing patient's drug therapies and evaluating medical necessity. The majority of cases I reviewed were for pain medication or invasive procedures which provided valuable knowledge and insight into prescription drug guidelines and procedural and surgical best practices.

Ferrel's Chiropractic (Internship, 2007): Here I worked with both Ernest Ferrel, DC and Benjamin Holt, DC. Dr. Ferrel worked with the Olympic team in Beijing 2008 as an athletic doctor for the US volleyball team. While working in Dr. Ferrel's office I had the opportunity to treat elite athletes. I also learned the basics of Graston Technique and Active Release Technique.

Back to Function (Internship, 2008): I worked alongside Susan Moreau, DC in this office as an intern. She specialized in infants and pregnancy. She also taught the OBGYN class at SCUHS and Bradley Natural Childbirth classes in the evenings. I attended her class and assisted/participated in three rounds of classes for Bradley Natural Childbirth. In this office I was able to help with soft tissue and chiropractic adjusting for babies and women from prenatal to post-partum. What I learned with Dr. Moreau went on to shape my both my practice and my personal choices in pregnancy and parenting.

Education

Chiropractic (Doctorate of Chiropractic)

Southern California University of Health Sciences

2008

Physical Anthropology (BA)

University of California-Santa Barbara, CA

2004

Skills

- Anatomy knowledge
- Neuro Emotional Technique, Certified 2013
- Applied Kinesiology, Certified 2008
- Webster, certified 2013
- Physical examinations
- Pain management

Certifications and Licenses

California Chiropractic License DC31127

Present

Additional Information

Washington State Chiropractic License, CH 60803099