

Christopher R. LoRang, D.C.

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Education

Palmer College of Chiropractic, Davenport, IA 2013

- ***Member, Vogt Leadership Society***
 - Nominated by classmates, selected by committee of professors for leadership organization
- ***Student Ambassador, Palmer Center for Business Development***
 - Promote business courses, increase awareness of business acumen with fellow students
- ***Panel Member, Student Ethics Hearing Panel***
 - Provide student perspective during ethics hearings of student ethics violations

Eastwind Massage School, Iowa City, IA 2008

The University of Iowa, Iowa City, IA 2007

- Major: Interdepartmental Studies Health: Social and Cultural Perspectives
- Minor: Music – Jazz Studies

Professional Experience

Owner [Capital Chiropractic and Rehabilitation Center](#) 2013 – Present

- Leads evidence-based and progressive treatment center focused on pain management and musculoskeletal conditions
- Employs one full-time employee and three part-time employees
- Seeks ongoing education to build most advanced and evidence-based chiropractic health clinic in area
- Clinic launched in June 2013 and currently a vibrant practice serving hundreds of patient visits/month
- Serves Des Moines community with events and presentations on wellness, ergonomics, and nutrition
- Engages with local athletic events, providing treatments onsite for local athletes of all levels
- Promotes community wellness, including hosting local artists to display and promote their work
- 2017 projections show 25% growth in gross revenues over 2016 numbers, reflecting YOY progress

Co-Owner [The Wellness Group, LLC](#) 2016 – Present

- Leads insurance compliance company providing discount medical plan options to Iowa chiropractors
- Launched as participant in the University of Iowa Venture School entrepreneurial program
- Currently, The Wellness Group holds contracts with three chiropractic clinics in Iowa

Co-Founder, Musician [Abbie & The Sawyers](#) 2013 – Present

- Perform in regional music venues for private events, including Chamber of Commerce events
- Co-produced and released full length album in October 2016, including release on iTunes and Spotify

Locum Tenens **Regional Chiropractic Clinics** 2013 – Present

- Function as Locum Tenens on as needed basis with chiropractic clinic in West Liberty and Indianola, IA
- Provide coverage for local chiropractors for vacation, maternity leave, and other leaves of absence

Preceptorship **Mt. Lookout Chiropractic Center, Cincinnati, OH** 2012 – 2013

- Daily rotations with four chiropractors, assisting in patient care, electronic health records, rehabilitation
- Deepened knowledge of interdisciplinary clinic model and collaborative patient communication

Teaching Assistant **Physical Diagnosis Department, Palmer College** 2012

- Assisted and instructed in physiotherapy laboratory with active and passive care modalities
- Developed knowledge of active and passive care modalities, assisted first and second year students

<i>Instructor</i>	Community Colleges New Zealand	2008
<ul style="list-style-type: none"> • Lead the Springboard Program in its first year and assisted in development of the curriculum and goals • Taught life management and job preparation techniques to 20 students in a non-traditional classroom 		

<i>Massage Therapist</i>	Centre for Innovation, Dunedin, New Zealand	2008
<ul style="list-style-type: none"> • Provided soft-tissue relief with in-office massage appointments • Advised patients in stretching, postural changes, and ergonomics to improve quality of life 		

Leadership and Community Involvement

<i>President</i>	Historic East Village Neighborhood Association Board	2014 – Present
<ul style="list-style-type: none"> Leading Economic Development Committee in fundraising/grant writing for Des Moines' East Village Assist in organization of Annual Fundraiser, HEV Bash and Holiday Promenade, manage membership 		

<i>Committee Member</i>	Iowa's Healthiest State Initiative	2017 – Present
<ul style="list-style-type: none"> Serve on the <i>Eat Well</i> Committee for the organization to help guide marketing and public-facing messages for the organization in order to encourage better nutrition and lifestyle throughout Iowa 		

<i>Board Member</i>	City Sounds: Des Moines Public Pianos Project	2015 – Present
<ul style="list-style-type: none"> Place pianos annually throughout the Des Moines region to foster community engagement with music Serve as treasurer, assist in fundraising, accounting, implementation of marketing and public concerts 		

<i>Committee Member</i>	Iowa Chiropractic Society	2014 – Present
<ul style="list-style-type: none"> Member of legislative and membership committees for Iowa Chiropractic Society 		

<i>Lecturer</i>	Palmer College of Chiropractic, Davenport, IA	2014 – Present
<ul style="list-style-type: none"> • Presentations to students about starting a business, community involvement and social media presence • These presentations range from one hour to four hours and were extra-curricular for students 		

<i>Athlete Services/Workshop Leader</i>	Des Moines Area Events	2013 – Present
<ul style="list-style-type: none"> Provide recovery treatments and workshops in core stability, ergonomics, and nutrition at local athletic competitions and events. Events include Des Moines Triathlon, Des Moines Marathon, East Village Criterion and 8035 Crossfit MAT Games. 		

<i>Chamber Member</i>	Des Moines Metro Chambers of Commerce	2013 – Present
<ul style="list-style-type: none"> • Current chamber member of Des Moines East and South, Des Moines Downtown; past member of Des Moines West Side Chambers of Commerce • Active in MOXIE, a monthly meeting for business owners and managers to exchange ideas • Sponsor/participant of LEAP – 10 month series to develop/support women leaders and business owners • Business sponsor of Business After Hours events from 2013 – present 		

Board Member	Habitat for Humanity Young Professionals	2013 – 2014
<ul style="list-style-type: none"> Elected for one year term, served as Events Chair for young professional arm of Habitat for Humanity 		

Volunteer	Red Cross, Dunedin, New Zealand	2008
<ul style="list-style-type: none"> Assisted customers in retail shops and worked with incoming donations for pricing and display 		

Professional Licenses and Certifications

Chiropractic Physician

- State of Iowa – Initial License Date: June 2013

McKenzie Method of Mechanical Diagnosis and Therapy

- Requirements completed; Examination in 2018

Diplomate of the American Chiropractic Rehabilitation Board

- Requirements completed; Examination in 2018

Awards and Honors

- **2016 Community Champion**, Business Publications Corp. and The Partnership
- **2016 Co-Business of the Year**, East & South Des Moines Chamber of Commerce
- **2015 Business of the Month (March)**, Iowa Small Business Development Center
- **2014 Citizen of the Year**, Des Moines Downtown Chamber of Commerce
- **2014 Entrepreneurial Spirit Award**, East & South Des Moines Chamber of Commerce
- **2013 Business of the Year**, Des Moines Downtown Chamber of Commerce
- **Summa Cum Laude Graduate**, Palmer College, 2013
- **Vogt Leadership Society Honoree**, 2012 – 2013
- **Dean's List Honoree**, Palmer College, 2009 – 2011
- **PCC IAA Iowa State Scholar**, 2011 – 2012
- **PCC IAA Scholar**, 2011
- **Norman H. Miller Scholar**, 2010
- **Iowa Alumni Endowed Scholar**, 2010
- **Dr. Sartz' Recruitment Scholar**, 2009
- **Dean's List Honoree**, University of Iowa, 2004 – 2006
- **University of Iowa Scholar**, 2004
- **State of Iowa Scholar**, 2004

Press and Media Mentions

- [LoRang earns Entrepreneurial Spirit Award](#), *Des Moines Register*, Feb. 2015
 - Highlighted for honor at annual celebration for East & South Des Moines Chamber of Commerce
- [YP chiropractor makes final adjustments before East Village Promenade](#), *Des Moines Register*, Nov. 2014
 - Featured in Iowa Life section for contributions to production of annual Holiday Promenade
- [Hanging a Shingle in Greater Des Moines](#), *Business Record*, Feb. 2014
 - Featured on cover for article about new physicians founding in Des Moines