

Christopher R. LoRang, D.C.

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Education:

Palmer College of Chiropractic, Davenport, IA

February 22, 2013

Eastwind Massage School, Iowa City, IA

February 2008

The University of Iowa, Iowa City, IA

May 2007

Major: Interdepartmental Studies Health: Social and Cultural Perspectives; Minor: Music

Work Experience:

Self Employed **Capital Chiropractic and Rehabilitation Center, Des Moines, IA** **June 2013 - Present**

- Private clinic; treating patients with joint and soft tissue manipulation and active rehabilitation
- Using clinical skills to create most advanced and evidence based chiropractic health care clinic in area

Locum Tenens **Regional Chiropractic Clinics** **June 2013 - Present**

- Function as Locums Tenens on an as needed basis with chiropractic clinic in Indianola, IA
- Provide coverage for local chiropractor when needed, for vacation and other leaves of absence.

Maternity Coverage **Active Health Chiropractic, West Liberty, IA** **May 2013 - June 2013**

- Providing maternity coverage for private clinic in West Liberty, IA for a period of one month, or PRN
- Providing unique blend of manual medicine techniques, while catering to patient's expectations of care

Preceptorship **Mt. Lookout Chiropractic Center, Cincinnati, OH** **Nov 2012-Jan 2013**

- Daily rotations with four chiropractors, assisting in patient care, electronic health records, rehabilitation
- Develop knowledge of office flow, patient interactions, billing, coding, and daily operations of facilities

Intern **Rehabilitation Department, Palmer College** **Nov. 2011-Nov. 2012**

- Assist doctors in rehab department with patients, paperwork, application of treatment, maintain clinic
- Develop knowledge of rehab protocol, including DNS, core stability, active and passive care modalities

Teaching Assistant **Physical Diagnosis Department, Palmer College** **Feb. 2012 – Nov. 2012**

- Assist and instruct in physiotherapy laboratory with active and passive care modalities, proctor exams
- Develop further knowledge of active and passive care modalities, assist first and second year students

Assistant **Campus Health Clinic, Palmer College** **Dec. 2009 – Feb. 2011**

- Assist in patient scheduling, filing, archiving, maintain proper documentation, utilize RainTree software
- Develop professional communication, knowledge of HIPAA protocols, office flow protocol and concepts

Massage Therapist **Self Employed, Davenport IA** **May 2009 – Feb 2013**

- Providing therapeutic massage to clients in home office; trigger point therapy, deep tissue techniques
- Develop knowledge of Iowa Law, Liability Insurances, HIPAA protocols, proper client documentation

Instructor **Community Colleges New Zealand** **May 2008 – Dec. 2008**

- 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

Massage Therapist **Centre for Innovation, Dunedin, New Zealand** **March 2008 – Dec. 2008**

- Provided soft-tissue relief with in-office massages, advised stretching, postural changes, ergonomics
- Developed client base, professional communication, and created a business niche for duration of travels

Leadership and Community Involvement:

Athlete Services/Workshops **Des Moines Area Events** **June 2013- June 2014**

- Provide treatment and assist with athlete recovery/injury at local athletic competitions and events
- Events include Des Moines Triathlon, Marathon, East Village Criterium, Crossfit MAT Games
- Lead workshops on core stability, ergonomics, nutrition at offices, crossfit gyms and yoga studios

Lecturing **Palmer College of Chiropractic, Davenport IA** **Sept 2014- Present**

- Presentations to students about starting a business, community involvement and social media presence
- These presentations range from one hour to four hours and are extra-curricular for students

Board Member **Historic East Village Neighborhood Association** **June 2014- Present**

- Selected for two year term by elected board members, currently on Marketing Committee
- Assist in organization of Annual Fundraiser, HEV Bash and Holiday Promenade, manage mailing list

Board Member **Habitat Young Professionals** **June 2013- June 2014**

- Elected for one year term, served as Events Chair for young professional arm of Habitat for Humanity
- Assisted in organization of bi-monthly gatherings to raise awareness for the organization.

Vogt Leader/Scholar **Vogt Leadership Society** **February 2011- Feb 2013**

- Nominated by classmates, selected by committee of professors for leadership organization/scholarship
- Encourage campus-wide professionalism, ethical practices, community involvement, and innovation

Student Ambassador **Palmer Center for Business Development** **Oct. 15 2010- Feb 2013**

- Promote business modules, increase awareness and knowledge of PCBD, field questions from students

Student Panel Member **Student Ethics Hearing Panel** **Jan. 2010 – Feb 2013**

- Provide student perspective during ethics hearings and offer insight into student life and perspectives

Volunteer **Trade Aid, Dunedin, New Zealand** **Spring 2008 – Winter 2008**

- Cashier, answered questions and took inventory in this fair and equitable trade gift shop for one year

Volunteer **Red Cross, Dunedin, New Zealand** **Spring 2008 – Winter 2008**

- Sorted donated items in two resale shops, while running cash register and assisting customers

Volunteer **Genesis Medical Systems, Davenport IA** **Fall 2000-Spring 2003**

- Served over 135 hours volunteering in the Genesis Hospital first floor gift and flower shop

Publicity and Press:

- February 2014: Named **2013 Business of the Year** by the Downtown Des Moines Chamber of Commerce
- February 2014: Featured in Des Moines publication, *The Business Record* in article on new physicians
- November 2014: Featured in *Des Moines Register Iowa Life* section in article on Holiday Promenade
- Summer 2014: Featured in *Insights*, a Palmer College alumni magazine in an article about new graduates

Honors and Awards:

- Summa Cum Laude, Palmer College, 2013
- Vogt Leadership Society, Trimesters 5-10
- Dean's List, Palmer College, Tri 1-9
- PCC IAA Iowa State Scholarship 2011-12
- PCC IAA Scholarship 2011
- Norman H Miller Scholarship 2010
- Iowa Alumni Endowed Scholarship, 2010
- Dr. Sartz Recruitment Scholarship, 2009
- U of I Dean's List 2004-2006
- University of Iowa Scholar, 2004
- State of Iowa Scholar, 2004
- Central High School, Valedictorian, 2003
- Rotarian Scholar, 2003
- State of Iowa Governor's Scholar, 2003

Training and Certification

Soft Tissue, Rehabilitation and Clinical Practice

--- soft tissue techniques, instrument assisted soft tissue mobilization (IASTM), clinical rehabilitation

- Spine and Sport Rehabilitation Running Symposium
 - Rehabilitation Institute of Chicago
 - March 30-31, 2012
- Active Release Technique – Lower Extremity
 - November 10-13, 2011
 - St. Louis, MO
- Active Release Technique – Spine
 - August 23-26, 2012
 - Boston, MA
- Active Release Technique – Upper Extremity
 - December 13-16, 2012
 - Chicago, IL
- Graston Module 1 - IASTM
 - Instrument assisted soft tissue mobilization, research analysis, static positions with treatment
 - Davenport, IA - Advanced Soft Tissue Techniques
- Graston Module 2 – IASTM
 - Instrument assisted soft tissue mobilization, research analysis, dynamic motion with treatment
 - December 1-2, 2012 - Chicago, IL
- FAKTR – Upper Extremity – IASTM
 - Functional and Kinetic Treatment with Rehabilitation – dynamic functional movements with treatment
 - November 3-4, 2012

McKenzie Method –

---mechanical diagnosis and therapy for discogenic, radicular, and low back pain symptoms

- Part A – March and April 2012 – NUHS – Steven Heffner, DC, MDT
- Part B - June and July 2012 – NUHS – Steven Heffner, DC, MDT
- Part C – February-March 2013 – Kansas City – David Pleva, PT, MDT
- Part D – October 2014 – Cleveland, OH – David Oliver, PT, MDT

Motion Palpation Institute –

---manipulation technique, functional screens and dynamic rehabilitation

- Cervical and Thoracic Spine Analysis and Adjustment
 - February 6-7, 2010 – Bettendorf, IA
 - Dr. Terry Elder, DC
- Full Spine Analysis and Adjustive Technique
 - March 27-28, 2010 – Chicago, IL
 - Drs. Campbell, Elder, Faye, King, Macchi and Winchester
- Extremities Analysis and Adjustive Technique
 - May 8-9, 2010 – Bettendorf, IA
 - Dr. Mark King, DC
- Functional Assessment and Treatment: Full Spine
 - August 28-29, 2010 – Davenport, IA
 - Dr. Corey Campbell, DC
- Lower Quadrant Functional Assessment and Treatment
 - November 20-21, 2010 – Chicago, IL
 - Drs. Lotus, Winchester, King and Shawn Eno, Certified Pedorthist

- Lumbar Spine and Pelvis Analysis and Adjustment Technique
 - January 22-23, 2011 – Davenport, IA
 - Dr. Leonard Faye, DC
- Mastering Gait
 - March 26-27, 2011 – Chicago, IL
 - Drs. Winchester, Campbell, Lotus, King and Shawn Eno, Pedorthist and Peter Breeze, New Balance
- Cervical-Thoracic Assessment and Treatment
 - May 7-8, 2011 – Davenport, IA
 - Dr. Brett Winchester, DC
- Full Spine – Functional Analysis and Treatment
 - July 16-17, 2011 – Chicago, IL
 - Drs. Corey Campbell and Erika Mennerick
- Lower Quadrant Functional Assessment and Treatment
 - August 6-7, 2011 – Davenport Iowa
 - Dr. Tom Lotus
- Full Spine Analysis and Adjustive Technique
 - September 24, 2011
 - Drs. Corey Campbell, Terry Elder, Leonard Faye, Mark King, Sarah Macchi, Brett Winchester
- Lumbar Spine and Pelvis Analysis and Adjustment Technique
 - January 14-15, 2012 – Davenport, IA
 - Drs. Mark King and Corey Campbell
- Pain and Clinical Practice
 - December 3-4, 2011
 - Dr. David Seaman
- The Temporomandibular Joint
 - January 10, 2013
 - Dr. Brett Winchester

Reflex Locomotion according to Vojta–

---rehabilitation techniques, core stability, motor development

- Reflex Locomotion According to Vojta
 - November 2010
 - Richard Cohen, DC, Child and Adult Vojta Therapist as Certified by International Vojta Society

Dynamic Neuromuscular Stabilization (DNS) According to Kolář –

---rehabilitation techniques, core stability, pediatric analysis and dynamic motor development

- DNS According to Kolář (A-Course)
 - August 20-22, 2010
 - Craig Morris, DC, DACRB-Los Angeles, CA & Petra Valouchova, PT, PhD-Prague, Czech Republic
- DNS According to Kolář (A-Course)
 - August 26-28, 2011
 - Craig Morris, DC, DACRB-Los Angeles, CA & Petra Valouchova, PT, PhD-Prague, Czech Republic
- DNS According to Kolář (B-Course)
 - April 26-29, 2012
 - Craig Morris, DC, DACRB-Los Angeles, CA & Martina Jezkova, PT-Prague, Czech Republic
- DNS According to Bitnar
 - August 2-4, 2014
 - Pitir Bitnar, PT - Prague, Czech Republic

Chiropractic Acupuncture –

---needling, acupuncture, trigger point work, pain management, current research

- Chiropractic Acupuncture (100 hours)
 - January-May 2014
 - Dr. Myerowitz Sr. and Dr. Myerowitz Jr. (International Academy of Chiropractic Acupuncture)

Current Certifications

- Chiropractic Acupuncture
 - May 2014
- Active Release Technique
 - Full Body Certification
- Graston Technique (IASTM)
 - Certified Provider
- Webster Technique
 - Certified Provider

Planned Certifications

- McKenzie Credentialing
 - Requirements completed October 2014; Examination in spring, 2015
- Diplomate of the American Chiropractic Rehabilitation Board
 - Requirements met; studying for examination for Fall 2015