

Sarah B. Koch

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WORK EXPERIENCE:

Cherubino Health Center
Associate

Southborough, MA
Jan 2024 – Present

- Perform new patient exams
- Develop and implement care plans for patients
- Provide treatment to patients with adjustments, rehabilitative exercises, soft tissue modalities, nutrition testing, and NET.
- Develop relationships with other professionals in the MetroWest region

CrossFit Nittany
Coach

State College, PA
Aug 2017– July 2019

- Facilitated early morning classes, maintain member retention check ins, help with nutrition clients weigh ins
- Modified specific skill sets based on motor development limitations

CrossFit Nittany
Intern

State College, PA
Oct 2017 – Aug 2017

- Shadowed coaches while they executed classes, worked with personal training clients, and engaged with new prospective members

BASF
Intern

Rochester Hills, MI
Jun 2015 – Aug 2015

- Worked for BASF as lab technician intern running experiments on nickel metal hydride batteries

PROFESSIONAL EXPERIENCE:

Cherubino Health Center
Preceptor

Southborough, MA
Oct 2023– Dec 2023

- Supervising Clinician: Dr. Grace Cherubino D.C., CME
- Total Hours: 305.75

Palmer College of Chiropractic, Florida Campus
Student Intern

Port Orange, FL
Oct 2022– Sep 2023

- Supervising Clinician: Dr. Alejandro Aponte D.C., CCSP
- Total Hours: 1006.75

Elite Spine
Shadow

Daytona Beach, FL
Mar 2022 - Dec 2022

- Supervising Clinician Dr. Rachel Nakayama D.C.
- Observed new patient examinations
- Observed set ups for patients on Normetec and Spinalator for treatment
- Observed soft tissue modalities

Reyes Active Body Chiropractic
Intern

State College, PA
Sep 2019 – Mar 2020

- Aided in patient exercises
- Set patients up on cervical traction
- Observed and assisted in new patient examinations
- Observed patient daily work ups and adjustments
- Created educational pamphlets for the office
- Total hours: 225

EDUCATION:

Palmer College of Chiropractic Florida (2023)
Doctor of Chiropractic

National University of Health Sciences (2023)
Acupuncture Certification

Pennsylvania State University (2020)
Bachelor of Science in Kinesiology

CERTIFICATES:

Neuro Emotional Technique Level 1 (2024)
CPR Certified (2022)
FST/FAKTR Certified (2021)
FMS Level 1 (2019)

Bullying, Hazing, and Inappropriate Behaviors (6/22/2019; 9CAA7CA3ACBB)
Sportsmanship (6/22/2019; 8ABB5B360E85)
Concussion in Sports (6/22/2019; 6AEB7C5E9F92)
Sudden Cardiac Arrest (6/22/2019; DA9FBA4A7468)

MEMBERSHIPS:

BNI Marlborough

PROFESSIONAL DEVELOPMENT:

Neuro Emotional Technique (2024)
Certification
Neuro Emotional Technique (2023)
NEXT
Neuro Emotional Technique (2023)
Success (Love)
Neuro Emotional Technique (2023)
Advanced
Neuro Emotional Technique (2023)
Success (Currencies)
Neuro Emotional Technique (2023)
Basic
Activator Elective (2023)
Palmer College of Chiropractic, Florida Campus
Motion Palpation Institute (2022)
MPI & ART Approach to the Shoulder
Motion Palpation Institute (2022)
Lower Integration Seminar
Motion Palpation Institute (2022)
Full Spine Seminar
Trigger Point Elective (2022)
Palmer College of Chiropractic, Florida Campus
Sports Elective (2022)
Palmer College of Chiropractic, Florida Campus
Flexion Distraction Elective (2022)
Palmer College of Chiropractic, Florida Campus
Spinal Rehab Elective (2022)
Palmer College of Chiropractic, Florida Campus
Motion Palpation Institute (2021)
Chiropractic Management of Pregnant and
Pediatric Patients Seminar
FST/FAKTR Certification Class (2021)