

# Sydney McDonald

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## Objective

Detail-oriented and knowledgeable new graduate from the Canadian Memorial Chiropractic College skilled at completing patient-facing and office-based tasks by applying multitasking and organizational abilities. Driven to help patients reach full potential with knowledgeable and proactive chiropractic support. Proficient in all areas of the body's neuromusculoskeletal system and methods for improving range of motion and reducing pain.

## Experience

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### Chiropractor/ Massage Addict

November 2024- Current

Niagara Falls, ON

- Conducted patient histories, physical exams, and orthopedic examinations to assess conditions and present disorders.
- Maintained detailed records of patient progress, ensuring continuity of care throughout treatment.
- Utilized evidence-based practices to provide high-quality chiropractic care, resulting in positive patient feedback and repeat visits.
- Educated patients on the importance of proper posture, exercise routines, and overall wellness to promote long-term health benefits.

### Associate Chiropractor/ Touch of Health Chiropractic and Wellness

August 2024- Current

Fonthill, ON

- Conducted patient health and pain-based histories, physical exams and orthopedic examinations to assess conditions and present a diagnosis.
- Maintained detailed patient records of treatment progress and outcomes.
- Performing spinal and extremity manipulation to help alleviate patient's pain and improve overall mobility.
- Utilizing evidence-based practices to help educate patient's on various conditions, life style changes, rehabilitation techniques and exercises to support their recovery.

### Associate Chiropractor/ McKinley-Molodynia Chiropractic Clinic and Massage Therapy

September 2024 – November 2024

Niagara Falls, ON

- Conducted patient histories, physical exams, and orthopedic examinations to assess conditions and present disorders.
- Maintained detailed records of patient progress, ensuring continuity of care throughout treatment.
- Utilized evidence-based practices to provide high-quality chiropractic care, resulting in positive patient feedback and repeat visits.
- Educated patients on the importance of proper posture, exercise routines, and overall wellness to promote long-term health benefits

### Chiropractic Intern/ McKinley-Molodynia Chiropractic Clinic & Massage Therapy

January 2024-May 2024

Niagara Falls ON.

- Under the supervision of Dr. Joanne McKinley-Molodynia.

- Conducted patient histories, physical exams, and orthopedic examinations to assess conditions and present disorders.
- Maintained detailed records of patient progress, ensuring continuity of care throughout treatment.
- Utilized evidence-based practices to provide high-quality chiropractic care, resulting in positive patient feedback and repeat visits.
- Educated patients on the importance of proper posture, exercise routines, and overall wellness to promote long-term health benefits.

**Chiropractic Intern/ Canadian Memorial Chiropractic College  
May 2023 – November 2023**

**Oakville, ON**

- Under the supervision of Dr. Natalia Lishchyna (May 2023 – November 2023) and Dr. Bryan Porter (November 2023 - December 2023)
- Conducted patient histories, physical exams, and orthopedic examinations to assess conditions and present disorders.
- Maintained detailed records of patient progress, ensuring continuity of care throughout treatment.
- Assisted in decreasing recovery time for patients through the application of therapeutic exercises and modalities.
- Performed front desk tasks such as greeting patients, receiving payment, re-booking appointments, answering phone calls for new and existing patients, faxing medical doctors and end-of-day procedures

**Education**

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**Canadian Memorial Chiropractic College 2020 – 2024**

**Toronto, ON**

Doctor of Chiropractic

**Brock University 2017-2020**

**St. Catharines, ON**

Bachelor of Science (Hons.) Kinesiology

**Conestoga College 2015-2017**

**Kitchener, ON**

Occupational Therapy Assistant/Physiotherapist Assistant Diploma

**Skills & abilities**

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- Soft Tissue Therapy
- Spinal Manipulation
- Therapeutic exercise prescription
- Clinical documentation
- Effective communicator
- Well-organized