

NADIA STAFFORD

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EDUCATION

Parker University | Dallas, Texas

Doctor of Chiropractic

AUGUST 2022 - MAY 2026

Current DC Student Intern

University of Central Oklahoma | Edmond, Oklahoma

B.S. in Kinesiology -Exercise Fitness Management

AUGUST 2019 - MAY 2022

Dean's Honor Roll

Oklahoma Baptist University | Shawnee, Oklahoma

General Studies

AUGUST 2017 - AUGUST 2019

PRACTICAL SKILLS

- Rehabilitation Exercises
- Diversified Technique
- Activator Technique
- Soft Tissue Therapy
- Fitness Assessment

CERTIFICATIONS

Activator Institute Certification

Stretch Therapy Certification

BLS-CPR/First Aid Certification

INTERNSHIPS AND ORGANIZATIONS

Stretch U | Oklahoma City, OK | 350-hour Internship

Be Broncho Fit | Edmond, OK | 50-hour Practicum

Rankin YMCA | Edmond, OK | 50-hour Practicum

SABCA Member | Parker University

Pediatric Experience Club | Parker University

EXPERIENCE

PARKER UNIVERSITY | DALLAS, TX | CHIROPRACTIC INTERN

MAY 2025 - Present

- Perform precise adjustments for patients
- Provide full spine examinations
- Develop an accurate treatment plan according to patient's needs.

STRETCH U | OKLAHOMA CITY, OK | CERTIFIED STRETCH TECHNICIAN

APRIL 2022 - SEPTEMBER 2023

- Provided 1-on-1 assisted stretching for people of all shapes and sizes.
- Exemplified professionalism in client communications.
- Embodied a customer service mindset to make every interaction welcoming, helpful, and genuine.
- Utilized free time productively to contribute to studio growth.

OKC WELLNESS CLINIC | OKLAHOMA CITY, OK | CHIROPRACTIC ASSISTANT

MARCH 2021 - APRIL 2022

- Managed chiropractic office operations to maintain efficiency.
- Created a welcoming and safe environment for patients.
- Provided chiropractic care, including rehab exercises, massages, ultrasound, decompression machines, roller tables, and electrical muscle stimulation.

THE JOINT CHIROPRACTIC | OKLAHOMA CITY, OK | WELLNESS COORDINATOR

JANUARY 2021 - MARCH 2021

- Results-driven in acquiring new memberships, consistently meeting or exceeding sales targets.
- Greeted members and patients upon arrival and checked them in for chiropractic appointments.
- Reconnected with inactive members, providing updates on membership options to drive engagement.

PROFESSIONAL DEVELOPMENT

- Providing for The Chiropractic Student | Dr. Jamal Fruster | 2024
- Infant Adjusting Seminar | Dr. Stephanie Libbs | 2024
- Conscious Feminine Flow Chiropractic Seminar | Dr. Kayla Dozier & Dr. Shekinah Sharpe | 2024
- Educating The Prenatal and Postpartum Patient | Dallas Student Club-2023
- All Things Babies | Dallas Student Club | 2023