

Jessica Duncan Propes D.C.

Owner, Chief Chiropractic Officer
Well Adjusted Buckhead
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Licensing & Credentials

- Georgia Board of Chiropractic Examiners License #CHIR009820
- BLS Provider eCard #HWS5F9
- Certified Graston Technique Specialist
- CrossFit Level 2 Certificate
- Certified Webster Technique Practitioner

Education

- Doctor of Chiropractic
Life University Marietta, GA
December 2016
- Emergency Medical Technician Certificate (EMT-I)
Medix College Marietta, GA
May 2010
- Bachelor of Science Exercise Science
Florida State University Tallahassee, FL
May 2009

Recent Training and Professional Development

- How to Start, Build and Run a Successful Disability & File Review Practice

Professional Experience

- Content Developer
 - BrainMD Health*
 - Atlanta, GA*
 - January 2020-Present*
 - Create original educational content for BrainMD Health's social media platforms
 - Educate followers about BrainMD products and different aspects of holistic health and wellness
 - Develop engaging and informative posts to enhance brand awareness and promote health education
 - Collaborate with the marketing team to align content with the company's goals and audience needs
 - Utilize a deep understanding of holistic health principles to inform and educate a broad audience

- Owner and Doctor of Chiropractic
 - Well Adjusted Buckhead*
 - Atlanta, GA*
 - August 2018-Present*
 - Oversee all operations administrative and chiropractic of Well Adjusted Buckhead
 - Staff management, billing, marketing, networking, patient care, etc.
 - Perform patient chiropractic exams and wellness consultations
 - Report of Findings and explanation of chiropractic health benefits
 - Range of motion and muscle strength analyses
 - Develop multidimensional care plans for patients based on their unique healthcare needs
 - Work with athletes to develop skills to improve mobility, decrease risk of injury, and improve overall performance
 - Perform physiotherapeutic modalities including electrotherapy, thermotherapy, cryotherapy, therapeutic exercises, proprioceptive neuromuscular facilitation, stretching, and percussion therapy
 - Perform chiropractic adjustments using Full Spine, Activator, and Thompson techniques as well as extremity adjusting
 - Perform soft tissue therapies specifically for myofascial release

- Utilize Electronic Health Record platform for documentation
- Work closely with other healthcare providers in an integrated practice setting including nurse practitioners, medical assistants, and massage therapists
- Manage billing and insurance for cash, insurance, and personal injury patients
- Refer patients out for appropriate imaging or second opinions when necessary
- Chiropractic Techniques
 - Full Spine
 - Activator
 - Thompson
 - Sacral Occipital Technique
 - Cox
 - Graston Technique
 - Webster Technique
- Extension Faculty
Life University
Marietta, GA
2019-Present
 - Since 2019, Dr. Jessica has been an Extension Faculty Member of Life University in Marietta, GA as a PEAK Program Doctor, and proudly hosts Chiropractic students as they enter the last stage of their Chiropractic Education.
 - The PEAK Internship is the third and final step in the intern process where Chiropractic candidates get real-world experience practicing under the guidance of a licensed and vetted doctor.
 - “Mentoring and guiding Chiropractic students as they prepare for their futures as Doctors has been one of the most rewarding things I have done to date in my career. We can only support and further our profession through education and enthusiasm, and that goes for not only patients, but students too!”
- Doctor of Chiropractic
Chiropractic Healthcare of Buckhead
December 2016-August 2018

- Perform patient chiropractic exams and wellness consultations
 - Report of Findings and explanation of chiropractic health benefits
 - Perform, process, and interpret X-Rays as necessary for patient care
 - Range of motion and muscle strength analyses
 - Develop multidimensional care plans for patients based on their unique chiropractic and medical needs
 - Work with athletes to develop skills to improve mobility, decrease risk of injury, and improve overall performance
 - Perform physiotherapeutic modalities including electrotherapy, thermotherapy, cryotherapy, therapeutic exercises, proprioceptive neuromuscular facilitation, stretching, and percussion therapy
 - Perform chiropractic adjustments using Full Spine, Activator, and Thompson techniques as well as extremity adjusting
 - Perform soft tissue therapies specifically for myofascial release
Utilize Electronic Health Record platform for documentation
 - Work closely with other healthcare providers in an integrated practice setting including nurse practitioners, medical assistants, and massage therapists
 - Manage billing and insurance for cash, insurance, and personal injury patients
- PEAK Chiropractic Intern
Optimum Health Rehab
Dunwoody, GA
October 2016-December 2016
 - Assisted with new patient chiropractic exams and wellness consultations
 - Assisted with Report of Findings and explanation of chiropractic health benefits
 - Performed, processed, and interpreted X-Rays as necessary for patient care
 - Performed range of motion and muscle strength analyses
 - Assisted in the development of multidimensional care plans for patients based on their unique chiropractic and medical needs
 - Performed physiotherapeutic modalities including electrotherapy, thermotherapy, cryotherapy, therapeutic exercises, proprioceptive neuromuscular facilitation, stretching, and percussion therapy
 - Performed chiropractic adjustments using Full Spine, Activator, and Thompson techniques as well as extremity adjusting
 - Utilized Electronic Health Record platform for documentation

- Worked closely with other healthcare providers in an integrated practice setting including nurse practitioners, medical assistants, and massage therapists
 - Developed an understanding of patient flow and operations in a chiropractic practice
 - Developed an understanding of billing for cash, insurance, and personal injury patients
- Chiropractic Intern
Life University Center for Health and Optimum Performance
Marietta, GA
December 2015-September 2016
 - Performed complete expanded patient examinations including neurological, orthopedic, visceral, and postural analyses
 - Performed Digital X-Rays as necessary for patient care
 - Interpreted X-Ray findings and initiated patient care or referrals to other healthcare providers for co-management as indicated
 - Performed Report of Findings
 - Developed personalized care plans based on specific patient needs including rehabilitation, home care, and nutritional advice
 - Provided patient care and chiropractic adjustments using Full Spine, Activator, and Thompson techniques as well as extremity adjusting
 - Utilized Electronic Health Record platform for documentation
- Chiropractic Intern
Life University Campus Center for Health and Optimum Performance
Marietta, GA
July 2015-December 2015
 - Performed complete patient examinations including neurological, orthopedic, visceral, and postural analysis
 - Performed Digital X-Rays as necessary for patient care
 - Interpreted results and initiated patient care when indicated
 - Developed personalized care plans under the advisement of a clinic doctor
 - Provided patient care and chiropractic adjustments using Full Spine technique
 - Utilized Electronic Health Record platform for documentation

- CrossFit Level 2 Instructor
BTB Fitness
February 2018-March 2020
 - Lead CrossFit classes through functional fitness programs
- Personal Trainer and Group Fitness Instructor
2011-2013
 - Instructed and guided clients in the areas of indoor cycling, strength training, cardiovascular training, and agility training.
- Emergency Medical Technician (EMT-I)
January 2010-January 2013
 - Provided life support services during medical emergencies on scene and en route to medical facilities
 - Initiated proper treatment based on patient assessment
 - Maintained a state of readiness and alertness for all assignments
 - Obtained patient histories in an efficient and organized manner
 - Utilized Electronic Health Record platforms for documentation
 - Followed proper professional protocol during transfer of care
 - Operated and maintained emergency vehicles
 - Maintained updated knowledge of treatment protocols, response requirements, and quality assurance procedures

Volunteer Experience and Community Service

- Capital Regional Medical Center Tallahassee, FL
- Mission San Luis Park Tallahassee, FL
- Relay for Life Tallahassee, FL
- Habitat For Humanity Atlanta, GA
- Girl Scouts of America Atlanta, GA
- The Center for Family Resources Marietta, GA

Publications

- “Resolution of Symptoms in a 5 year-old Female with Chronic Constipation Following Chiropractic Care: A Case Study and Selective Review of Literature”

References

- Dr. T.J. Wuerth D.C.
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Life University Center for Health and Optimum Performance
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- Dr. William Hatten
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