

Danielle Trego Finden, DC

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EXPERIENCE:

Owner and Clinic Director

Active Health Chiropractic, St. Paul, MN (September 2008 – Present)

- As the clinic director, I am responsible for the development and implementation of all clinic policies and procedures as well as assessing accountability in managing two other associate chiropractors and multiple other team members including interns.
- Clinical treatment protocols include chiropractic, acupuncture, and physiological therapies.
- Satellite location at Blooma Minneapolis (April 2017 – Present)
- Satellite location at Roots Community Birth Center (August 2019-Present)

Author & Professional Speaker

A Guide to Alternative Chiropractic Technique: How to Keep Your Healing Practice from Hurting You (October 2014-Present)

- Author of the only chiropractic technique manual from a female perspective
- Presenter for FTCA SHIFT Virtual conference (April 2021)
- Presenter for NWHSU Virtual Homecoming (February 2021)
- Presenter for Chiro TexPo 2020 Virtual Conference (June 2020)
- Featured speaker for Women's Summit at Chiro TexPo TCA Convention (June 2019)
- Guest on Fearless Family Health Podcast (April 2019)
- Guest on Rockstar Doctor Life Podcast (March 2019)
- Keynote speaker in prenatal chiropractic at FTCA: P3 (November 2018)
- Featured speaker at Women Chiropractors Convention (October 2018)
- Guest on Chiropractic (Her)story Podcast (September 2018)
- Guest on The Aligned Women Podcast (May 2017)
- Featured speaker at MCA Annual Convention (May 2016)
- Contributing author to DC Practice Insights (July 2014, September 2014, January 2015)
- Multiple other speaking engagements to practicing DCs and students

Owner and Clinic Director

Gentle Care Chiropractic, St. Francis, MN (September 2014 – August 2015)

- Chief financial officer, Human Resources manager
- Responsible for updating systems and procedures of the clinic in order to make it profitable
- Patient care, inventory, accounts receivable, and accounts payable

Adjunct Faculty

Northwestern Health Sciences University-Intern Supervisor (August 2012-present)

- Host and guide chiropractic students through clinical decision making

Northwestern Health Sciences University-Summer Science Academy (August 2009, August 2010, August 2012)

- Responsible for the development, delivery, administration, and oversight of a biology lecture and lab series with specific emphasis on the topic areas of the gastro-intestinal system and digestive functions, as well as in the area of nutrition.
- This series was part of a larger educational community outreach program directed towards students of multicultural backgrounds.

Tissue Recovery Coordinator

LifeSource, St. Paul, MN (September 2008 – January 2009)

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- Responsible for the coordination of the tissue recovery process and the surgical recovery of donor tissues including: skin, vein, bone, tendon, and whole heart for valves.
- As part of the team of procurement professionals, it was my responsibility to ensure and perform the precise surgical processes and timely delivery of donated tissues even when under potentially adverse circumstances, which often required interstate travel at all hours.

Doctor of Chiropractic, board certified acupuncturist, and Radiation Safety Officer

McCarron Lake Chiropractic, St. Paul, MN (April 2008 – August 2008)

- As an associate treating physician, I was responsible for communicating with and caring for patients of diverse cultural backgrounds. This included learning the necessary phrases in Hmong, Spanish, and Somali.
- As the Radiation Safety Officer, I established a system to track radiation exposure to patients, performed and recorded sensitometer and densitometer testing, calibrated the sensitometer, established and implemented relevant protocols to bring the clinic up to state standards.

Teaching Assistant

Northwestern Health Sciences University, Bloomington, MN (January 2007 - December 2007)

- As a teaching assistant for both the Clinical Pathology II and Physiological Therapeutics II courses, I supported the instructor and worked directly with students.
- I was responsible for grading papers, tests, quizzes, proctoring oral and practical skills exams, assisting with the instruction of hands-on patient treatment techniques, and supporting other academic requirements as requested.

Chiropractic Intern

Costa Rica, various locations (February 2008)

- I was selected from a pool of student candidates to travel to Costa Rica as part of a public service project to provide health care to the local population, supporting the initiative for health care access for all.
- This involved working in an international environment with non-English speaking patients in specifically underserved, low-tech health care settings.

Chiropractic Assistant

Davis Chiropractic, St. Louis Park, MN (October 1997 – December 2007)

- Head of Medical Records Department: As the head of the medical records department, I was responsible for coordination and oversight of all medical records procedures; including dictating chart notes, correspondence with third party payers, quality assessment of patient charts, and coordinating medical records requests.
- Administrative Assistant: I coordinated patient visits, tracked payments, managed the supply procurement chain, and ensured efficiency in clinic operations.

Head Lifeguard/Swim Instructor

Independent School District 283, St. Louis Park, MN. (January 2003 – May 2010)

- I was responsible for leading the team of other lifeguards and instructors ensuring compliance with existing safety protocols and training in water safety.
- I was also responsible for instruction of lessons including the interactive parent-infant/toddler class, adult learners, and water exercise, in addition to serving as a lifeguard.

EDUCATION:

Doctor of Chiropractic, Northwestern Health Sciences University, Bloomington, MN (April 2008)

Bachelor of Science, Hamline University, St. Paul, MN (May 2004)

Major: Physiology / Exercise Sports Science

Minors: Biology and Anthropology

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ADDITIONAL CERTIFICATIONS:

- Board Certified and licensed as a Doctor of Chiropractic (since 2008)
- Board Certified and licensed in Acupuncture (since 2008)
- CPR certified as a healthcare provider (since 2008)
- Certified to perform Active Release Technique (2011)
- Certified to perform Webster Technique (2015)
- Cranial Sacral Therapy training with Lori Hendrickson (2015)
- Spinning Babies Certificate of Training (2017)
- DNS Basic Course A certificate of training (2018)
- BirthFit Professional training (2018)
- Perinatal mental health training (2019)
- Breech balancing with Adrienne Caldwell (2019)
- Cranial Sacral Therapy training with Deb McLaughlin (2019)
- Spinning Babies Resolving Shoulder Dystocia Training (2020)

MEMBERSHIPS AND HONORS:

Top Chiropractor in Minnesota Monthly Magazine (June 2014, June 2015, June 2016, June 2017, June 2018, June 2019, June 2020, June 2021)

ICPA Member (October 2015-Present)

HSM Quality Review Committee (June 2013-December 2016)

President of local business networking group (January 2010-October 2012)

SACA Member (January 2004-April 2008)

Student Ambassador at Northwestern Health Sciences University (January 2005-March 2008)

Student Senate House Committee chairperson (January 2007 - December 2007)

Back in Shape Run planning committee (December 2006 – June 2007)

SACA Fundraising chair-person (March 2006 – April 2007)

Miss St. Louis Park (1999-2000)