



# I AM NYCC

## BONNIE CHUNG (9TH TRI)

After completing her undergraduate degree in kinesiology at the University of Western Ontario, in London, Ontario, Bonnie was pursuing a career in sports marketing and found herself in a clinic working with chiropractors, physical therapists, and physiatrists. While there, she decided to explore chiropractic and gained an appreciation for the educational background that chiropractors receive. Bonnie went on to choose NYCC because of the many opportunities it provides for its students, including clinical rotations, remote clerk sites, and guest speakers. She appreciates that the faculty and staff at NYCC have dedicated their lives to helping students navigate their way to success, making NYCC an institution that is one of a kind.

Growing up, Bonnie's dad always told her, "Try and do your best." This is some of the best advice she's ever gotten, and it keeps her driven while at NYCC. Recently, a chiropractor she was shadowing in Boston told her, "You probably know more, as a fresh grad, than a doc who has been in practice for years." This was an eye-opener for Bonnie and gave her the motivation to keep working hard at school. One of her biggest mentors is Dr. Kevin Marryshow, an NYCC's alumnus who challenges his patients and colleagues to think differently about pain, chiropractic, and rehabilitation.

During her fourth trimester, Bonnie, who hopes to be a certified Motion Palpation practitioner by the time she graduates, started attending seminars through the Motion Palpation Institute. She began with Upper Dynamic and eventually took the Full-Spine seminar. Additionally, she attended the North American Spine Society's latest annual meeting. Bonnie will also be completing the exercise course in DNS (dynamic neuromuscular stabilization) in the near future. She is interested in developmental kinesiology and its application in human performance and rehab.

Bonnie recognizes the need for chiropractic and spine health for those who primarily work at desks. She looks forward to providing care and insight to this population and to anyone else who has an interest in moving better.



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