

WHO IS NYCC?

RUBINA TAHIR, DC ('05)



Dr. Rubina Tahir is a native of London, Ontario, Canada. Like a true Canadian, she loves winter and is a huge hockey fan! Dr. Tahir earned her Bachelor of Science in Biology from the University of Western Ontario (2002), her Doctorate of Chiropractic (2005) from New York Chiropractic College, and her Medical Acupuncture Certificate from McMaster University (2012). Upon graduation from Chiropractic school, Tahir practiced in both Canada and United States of America where she was exposed to the international experience, personal experience, and the clinical experience, making her a leader in the health and wellness industry. Currently situated in the USA, she is both the chiropractor and CEO of Rubina Tahir Chiropractic, LLC, where she treats a variety of patients using chiropractic and physical therapy modalities.

Best described as a woman on a mission to inspire a healthy lifestyle, Tahir is a strong advocate for patient education. She has effectively made use of a variety of social media outlets to promote a healthy lifestyle and the chiropractic profession. Tahir is also the host and producer of a show about bettering your health called The Rx, on My New Philly. She enjoys writing articles on health and is a contributor to the Huffington Post Blog, Philly Man Magazine, Readers Digest, Nail Pro Magazine, and also contributes to other radio stations and media outlets. In 2016 Tahir was voted best Chiropractor by Philadelphia Family Magazine.

The best advice Tahir can give to anyone owning a practice of their own, is to “**manage your expectations.**” Having a business model and setting goals can help you stay focused regardless of how exhilarating and scary the process may be. For students and recent alumni, Tahir recommends shadowing a variety of chiropractors. This same advice helped her stay focused and enabled her to find the direction she wanted her practice to go in, allowing her to narrow down the steps she would need to take to get there. Her best advice is to “**speak about the benefits of chiropractic to your patients and to your community.**” She believes education is a big part of communication and by educating her patients they have access to alternative medicine in self-care practices. One thing Tahir wishes she took advantage while at NYCC was attending as many extracurricular opportunities as she could have to learn more outside of a classroom setting.

For Tahir, “**the most rewarding part of the day is the healing that occurs. When patients get results and feel empowered, it’s the greatest feeling a chiropractor can have.**” She wants to continuously spread positivity and recognize the efforts of her colleagues, and asks to be sent pictures or tweets of the work you are doing that she can share!

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