

WHO IS NYCC?

NICK PATTERSON, DC '11, MSACN '11

Dr. Nick Patterson grew up in Malta, New York. Upon graduating from SUNY Buffalo with a B.S. in Exercise Science, he entered New York Chiropractic College and graduated in 2011 with both a Doctor of Chiropractic degree and a Master of Science in Applied Clinical Nutrition. Dr. Patterson chose NYCC because of its high pass rates on the national board examinations, the number of clubs and electives offered on campus, and its relative closeness to home.

During the clinical phase of education, Patterson was grateful for the knowledgeable clinic mentors at the Levittown Health Center who opened his eyes to the world of instrument-assisted soft-tissue manipulation and helped prepare him for professional practice. His only regret is not having taken full advantage of the all the programs, seminars, and clubs offered outside the curriculum.

An externship completed at Brown Integrated Chiropractic, with Drs. Alison and Jason Brown, led to a position as an associate in their practice, where he gained further experience. Dr. Patterson now owns Dig Deep Chiropractic and Massage Therapy, located inside Purebred Athletics in Clifton Park, New York, where the focus is on treating soft-tissue injuries and recommending corrective exercises to keep patients healthy. All patients are treated as athletes, regardless of their age or activity level, through a combination of chiropractic, massage, and exercise. In addition, Dr. Patterson is currently a member of the New York State Chiropractic Association.



The greatest challenge Dr. Patterson has faced in owning a practice is the business aspect and making the hard decisions necessary for the betterment of the practice. It's also a challenge to try to get his patients performing at their best and keep them performing. Nonetheless, what makes all of his hard work worthwhile is being able to see his patients competing and performing at events such as CrossFit, powerlifting, and others. For the future, Dr. Patterson would like to see healthcare grow into a more integrative, patient-centered approach with all different healthcare professionals working together for the benefit of the patients.

Dr. Patterson's offers these words of advice: "Don't be afraid to be different. Try new things and make mistakes. You may fail, you may not, but either way you will learn something that will help you grow!"