

Personal Information

Zhulin Liu

Education Background

Doctor of Medicine, Clinical Medicine, 06/2005

Southern Medical University – Guangdong， China

Doctor of Chiropractic, Chiropractic with Sports Medicine Emphasis, 12/2021

Southern California University of Health Sciences – Whitter, CA

Working Experience

Attending orthopedic surgeon

Affiliated Hospital of Peking University – Beijing, China, 08/2005 - 02/2015

Doctor of Chiropractic with Sports Medicine Emphasis

Garfield Health Center – Monterey Park, CA, - Present

My Scope of Practice

- Provide patients with accurate clinical diagnosis and master treatment indications.
  - According to the detailed medical history, comprehensive physical exam, neurological exam, orthopedic exam, imaging analysis, spinal nerve electrophysiological scanning, and necessary laboratory exam, provide accurate diagnosis for patients. Master the non-surgical treatment indications of the disease, and provide patients with individualized conservative management plans that integrate treatment and prevention.
  - Chiropractic treatment indications include but are not limited to: cervical disorders, such as neck pain, dizziness, headache, neck stiffness, muscle spasm, shoulder pain, intervertebral disc herniation, cervical radiculopathy, etc.. Thoracic disorders, such as chest and back pain, chest tightness, shortness of breath, palpitations, etc.. Lumbar disorders, such as facet syndrome, intervertebral disc herniation, lumbar radiculopathy, lumbar spondylosis, lumbar spondylolisthesis, spinal stenosis, sciatica, etc.. Pelvic ring disorders, such as sacroiliac joint syndrome, pubic pain, lower extremity unequal length due to functional pelvic imbalance, lumbosacral pain during pregnancy. Acute and chronic sports injuries and disorders of extremities, such as bone, joint, muscle and soft tissue injury, myofasciitis, tendonitis, tenosynovitis, carpal tunnel syndrome, ulnar tunnel syndrome, pronator teres syndrome, medial and lateral epicondylitis, tibial tuberosity osteochondritis, chondromalacia patella, acromion, femoroacetabular impingement syndrome. Adolescent and adult scoliosis management and rehabilitation training. Systemic diseases: such as anxiety, insomnia, persistent hypertonic state of muscle and soft tissue, fibromyalgia.
- Provide individualized treatment for patients.
  - Be proficient in the non-surgical treatment indications of the disease, make analysis and judgment on the development and prognosis of the disease, and determine the appropriate conservative treatment plan based on the patient's condition. Treatment consists of chiropractic manipulation/mobilization, soft tissue mobilization, physiotherapy, and/or home exercise program as indicated to help reduce pain and improve function.
  - **CHIROPRACTIC MANIPULATIVE TREATMENT (CMT)**
    - **Diversified Technique** – most commonly used manual adjustment technique, involves application of safe and effective "quick (high-velocity), short (low-amplitude) thrust over restricted joints with the goal of restoring normal range of motion in those joints. It's associated with a "popping" noise, which is simply gas being released from the joint.
    - **Instrument-Assisted Adjustments**
      - **Activator Technique** – hand-held, spring-loaded instrument that provides quick, low force-impulses to targeted joints. Gentler method of manipulation reserved for those who do not respond to manual diversified adjustments.
      - **Erchonia Adjustor** – slightly stronger but still gentle impulse adjustment instrument that uses pulsations to provide pain relief at targeted joints that can't always be performed by hand. Alternative means of adjustments for those who do not respond to manual diversified adjustments.

NOT YET RETAINED

Skills

Professional Skills

Doctor of Chiropractic (USA)

Doctor of Medicine (China)

Diagnose disease

Write medical record

Prescribe functional exercises

Chiropractic adjustment

Orthopedic surgical technique

CPR/BLS certificate

Personal Protective Equipment use

Language Skills

Bilingual (Mandarin、English)

Other Skills

Patient management

Time management

Organization and leadership

Problem solving

Continue to learn and innovate

My Scope of Practice

- **Chiropractic Table-Assisted Adjustments**
  - **Flexion/Distraction (F/D)** – gentle, safe, controlled form of traction in specifically designed for lumbar spinal relief aim to gently widen the spinal canal in order to reduce intradiscal pressure
    - As a bonus, F/D also allows the chiropractor to stretch the patient's spine and surrounding muscles in a non-weight bearing fashion in order to improve range of motion
  - **Drop Table Adjustment** – uses a specialized, segmental drop pieces that can be raised up in order to be dropped, between 1 to 2 inches, allowing gravity to assist with the adjustment.

- **SOFT TISSUE MOBILIZATION (STM)**
  - **Myofascial Release Technique (MRT) / Myofascial Release (MFR)** – focused manual pressure and stretching used to releasing trigger points in order to relax tight muscles, relieve spasm and reduce tension in the fascia to reduce pain
  - **Percussive Therapy** – same concept as MRT, but utilizes a massage gun to deliver pulses and vibrations into the muscle tissue in order to relax tight muscles, break up scar tissue and adhesions, and minimize muscle soreness and tension
    - Available instruments at GHC: Rapid Release (RR), Hypervolt (HV), BFGun
  - **Instrument Assisted Soft Tissue Mobilization (IASTM)** – uses specially designed instruments to provide a mobilizing effect to help break up scar tissue and myofascial adhesions
  - **Kinesiotaping Method** (RockTape) – therapeutic taping technique to help alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin, as well as support sprained joints or muscles as they heal.

- **PHYSIOTHERAPY (PHYSIO)**
  - **Electrical Muscle Stimulation (EMS)**
    - Low voltage but steady electrical current and impulses aim to reduce nociception by means of pain gating and the reduction of facil itated muscle. Repetitive contracting and relaxing of the muscle aims to also increasing blood flow to the affected tissue area to promote healing and repair, reduce localize pain and inflammation
    - Umbrella term that include Interferential Current (IFC), Premodulated Current (Premod), and Transcutaneous Electrical Nerve Stimulation (TENS) being offered at GHC
  - **Therapeutic Ultrasound (US)**
    - Uses high-frequency sound waves vibrations to penetrate and massage underlying muscles, tendons and ligaments. The gentle heating as a result of vibrating the tissues can increase blood flow to the targeted area, loosen tissue and speed up healing
  - **Heat Therapy**
    - Warming effect aim to improve blood flow and circulation to help soothe and relax muscle tone and increase muscle flexibility.

- **THERAPEUTIC EXERCISES (TE) / HOME EXERCISE PROGRAM (HEP)**
  - Personalized exercises and stretches to help restore and maintain mobility and range of motion, as well as help mitigate discomfort in between visits.

- Provide clinical nutrition advice for patients
  - According to the patient's gender, age, height, weight, vital signs and other physiological indicators and laboratory test results, give clinical nutrition advice to the patient, and specify a personalized nutritional diet plan. Especially for diabetic patients and obese patients, the integrated management of diet plan and home exercise program has achieved remarkable results.
- Training and teaching
  - I keep expanding my own professional knowledge by learning continue education courses, reading chiropractic journal articles, participating seminars. In addition, I provide clinical training to chiropractic students and stuff, teach them chiropractic assessments and procedures, and share clinical experience with them, in order to help standardize and improve operational procedure, increase work efficiency, cultivate chiropractic talents, and realize social value.

NOT YET RETAINED