

# Dr. Caitlin Painchaud

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Certifications and Licenses:

Doctor of Chiropractor

Certified Chiropractic Sports Physician

Certified Provider of Graston Technique

Certified to Perform Advanced Myofascial Release Technique

Certified Kinesio Taping Level 1&2

Medical Professional Certified in (FMS) Functional Movement Screening Systems L1

Functional Range Release Provider, Upper & Lower Extremity

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## **Dr. Caitlin Painchaud, DC, CCSP**

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Dr. Caitlin Painchaud is a board certified Chiropractic physician who integrates advanced soft tissue techniques, functional rehabilitation and chiropractic care to create an individualized approach to your health. Dr. Painchaud treats her patients with a functional, sports specific approach to diagnose and treat the cause of your injury. Dr. Painchaud considers patient education a vital part of the collaborative care to get a patient better and prevent future injuries from occurring. Dr. Painchaud was nominated for the Clinical Excellence Award while graduating with a Doctor of Chiropractic Degree from Palmer College of Chiropractic in Davenport, Iowa. As a prestigious member of Sports Council and Intern of the Rehabilitation and Sports Injury Department, she treated many athletes through pre and post event competitions. Leading up to her doctoral degree, she earned her Bachelor of Science in Kinesiology at Michigan State University. Dr. Painchaud is a second degree black belt in Shotokan Karate and a world class competitor. She has had the honor to compete on the United States National Competition team in the Pan-American Championships as well as other national and international tournaments. She has a passion for karate and continues to train and expand her knowledge in multiple styles of martial arts. Dr. Painchaud works with athletes and competitors of all ages to ensure their optimal athletic performance in training and competition.

[Contact us to schedule an appointment with Dr. Painchaud.](#)

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