

Curriculum Vitae

James Donoghue, D.C., I.D.E.

2233 Watt Avenue, Suite 100 Sacramento, CA 95825

(916)333.1166

www.WellnessSpaOfArden.com

An experienced Doctor of Chiropractic with over 30 years of patient care, specializing in spinal health, rehabilitation, and treatment of acute /chronic injuries with an emphasis on wellness. Proven track record of managing and growing wellness clinics while enhancing patient outcomes through evidence-based care.

Education:

****University of Hartford, West Hartford Connecticut****

1983 – 1985: Associate Degree in Applied Sciences – Electrical Engineering Technology

1985 – 1987 Studied Pre-Medical towards Bachelor of Science

****Los Angeles College of Chiropractic, Whittier, California****

1987 – 1988 Bachelor of Science in Human Biology

1987 – 1990: Doctor of Chiropractic - Completed internship at Glendale Clinic, working with patients and training under senior chiropractic professionals. - Specialized in patient care, for law enforcement officers and triathletes.

Professional Work History:

1991 – 1993 **South Coast Rehabilitation Center**, Costa Mesa, CA

Job Duties –Sole Proprietor / Part time Clinic Exam Doctor – Primarily Patient care as well as performed exams, x-rayed patients, consulted and treated patients, performed medicolegal examinations and reports.

1993-1994 **Spectrum Chiropractic**, Sacramento, CA

Treating Doctor of Chiropractic – patient care, co-managed rehabilitation clinics and education on patients, was a consultant to small business on the prevention of back injuries.

1994- 2022 **Advantage ChiroCare and Wellness Center** -Clinic Director and Primary Treating Doctor, consulted and treated patients, Independent Medical Evaluator, Qualified Medical Evaluator.

2022-Present **The Wellness Spa of Arden** – Clinic Director and Primary Treating Doctor of Chiropractic – Primary focus on patient care, education, wellness, body balance and structural integrity.

Certifications and Awards:

National Board of Chiropractic Examiners, 1990 – Certificate # 41161

State of California Board of Chiropractic Examiners License to Practice Chiropractic July 1991 – Present

The University of the State of New York Education Department License to Practice Chiropractic – License Number: X006539 December 1990 – Present Status: Inactive

Independent Medical Evaluator, State of California, 1993- Present

Qualified Medical Evaluator, State of California, 1994-2006

Backsafe Industrial Consultant, 1993 - Consulting for small businesses to prevent industrial injuries.

Spine Research Institute of San Diego – Whiplash and Brain Injury Traumatology Graduate.

California Chiropractic Association – Presidential Award, 2006.

Professional Associations:

Member of the California Chiropractic Association, 1996-2007

Member of California Chiropractic Association – Industrial Relations Committee 2002-2005

Member of California Chiropractic Association – Conventions and Seminars Committee 2003-2007

Member of the California Chiropractic Association – Conventions and Seminars Chairman 2006-2008

Member of the Sacramento Valley Chiropractic District Association, 1996-2007

Member of the Sacramento Valley Chiropractic District Association Board Treasurer 2005-2007

Instructor of Basic Worker's Compensation, California Chiropractic Association, 2004-2006

Community Activities:

- Team Coach & Assistant Coach, Carmichael Soccer Club, 2012–2015

- Assistant Scout Master, Boy Scouts of America, Golden Empire Council, 2014–2015

- Merit Badge Counselor, Boy Scouts of America, 2014–2018

- WETSU Men's Division Team member 2007-2019

- Member of California Aikido Association 2018- Present