

About the author

Upon graduating from Royal Melbourne Institute of Technology (RMIT), Dr Jen practiced in Melbourne and overseas. Her strong philosophy and focus in enhancing and maintaining the optimal function of the nervous system via the spine and its subsequent influence on overall well-being leads to her passion for wellness chiropractic, particularly working with children and families.

Dr Jen's passion assisting people to lead healthier lives and this takes her overseas as a volunteer Chiropractor in Cambodia. She also leads annual volunteer clinical outreach excursions for Chiropractors and final year Chiropractic students.

Dr Jen is a Board Director and Vice President of the Australian Spinal Research Foundation, an organisation that aims to facilitate research and disseminate knowledge that furthers the understanding, development and effectiveness of chiropractic care.



About the Case Report project

This Case Report is a part of the [ASRF Case Report Project](#), a project designed to gather client studies from chiropractors and transform them into much-needed case reports, focused on the effects of chiropractic care on clinical presentations highly relevant to chiropractic, such as stress, immunity and adaptability.

This valuable project is made possible by the generous fundraising and contributions of ASRF supporters.