



# MEET OUR TEAM!

## WORK PARTNERS OCCUPATIONAL HEALTH SPECIALISTS



Hello  
my name is

**Jill Chapman, DC**

Chiropractor

**WorkPartners**

Occupational Health Specialists



Located in North San Diego County, WorkPartners clinics are full service Occupational Health clinics dedicated to supporting the health and wellness of local employees.

[www.WorkPartnersOHS.com](http://www.WorkPartnersOHS.com)

### **What is your role and responsibility at WorkPartners?**

"As the Chiropractor, I have the opportunity to care for patients with musculoskeletal injuries to help restore functionality, improve posture and increase spinal awareness in everyday job tasks by using spinal adjustments, manipulation, and myofascial release techniques."

### **Is the glass half empty or half full?**

"Always half full. I look at each day as a gift. Current mantra: May the best of your todays be the worst of your tomorrows - Jason Mraz"

### **Where did you receive your training/education?**

"I grew up in central California and attended California State University, Fresno and Palmer Chiropractic College West, San Jose."

### **How do you keep a healthy work/life balance?**

"Hot yoga is my outlet to balance. It's invigorating for both body and mind."

### **What's the one thing about you few people know?**

"I was the Best Man at my friend, Doc Rob's wedding 10 years ago."

### **What is most rewarding about your job?**

"Seeing patients walk out of my office feeling better than when they walked in."

### **What's a favorite funny story about yourself?**

"Being a California native and have been practicing in various rehabilitative settings for over 18 years now. This is where I met my husband who is a chiropractor from South Dakota, I fell in love with my husband's mid-west upbringing, his family, and the change of seasons."

In December 2016, we packed up our home in San Clemente, by the beach and moved back to Sioux Falls, South Dakota much to my husband's chagrin. Actual real wood burning fireplaces, hot cocoa, and gorgeous big snow flakes that floated down and quickly became two feet of snow. It was absolutely beautiful. It was time for more firewood so I thought I would make a quick trip to the grocery store.

With a small capable SUV I owned in California I thought I was invincible. Turns out that freeway performance tires and front wheel drive doesn't pass the South Dakota two feet of snow test. I backed out of the driveway and got buried. Meanwhile snow plows and good neighbors are watching me with my CA plates dig myself out and laughing. I am sure I was not bundled up for this blizzard and looked unprepared and odd to the surrounding people. BUT, it is South Dakota and several amazing people came to my embarrassing rescue. It took shovels, ropes, pushing and pulling but eventually made it to the store."