

Dr. Katherine Phillips, DC, DACNB, started her healthcare career coaching a visually impaired cyclist for USA Paralympic Cycling. A relentless pursuit of excellence on and off the athletic field drove her to find nontraditional coaching methods, considering the athlete's stroke history. On September 11, 2011, the athlete was involved in a life-threatening crash while competing in a world championship. This resulted in a traumatic brain injury. Dr. Phillips coordinated care for the athlete's rehabilitation and consulted with professionals from the neuroscience community in Tucson, AZ. A passion for helping patients to achieve optimal brain health was planted.

Following the 2012 Olympic cycle, Dr. Phillips enrolled in chiropractic school and pursued an American Chiropractic Neurology Board Diplomate. In 2014, she was invited to accompany her husband, Army CPT Allan Phillips, a physical therapy intern at the time, to Naval Hospital San Diego for a day. The experience left a strong impression; she knew she was destined to care for our nation's injured service members.

Dr. Phillips made her dream a reality. At Naval Air Station North Island, she saw over 4,000 patients. A disconnect between research and the clinical setting was noted, especially for patients diagnosed with traumatic brain injuries. She has focused her efforts on bridging this gap by enrolling in a clinical neuroscience master's degree program. Her degree will be used to leverage the most up-to-date methods to provide individualized patient-centric treatment plans and further TBI research in the military.

Dr. Phillips recently started practicing at San Ysidro Health, one of the nation's largest federally qualified health centers, and her patient base includes active duty, veterans, and military family members. Currently, she serves as a chair of the American Board of Chiropractic Specialities under the American Chiropractic Association. Dr. Phillips has spearheaded a family relations group for veterans and military spouses within her workplace. Additionally, she assists in the leadership of the Chiropractic Military Spouses, a collective of 74 chiropractors married to the military.

Dr. Phillips is a competitive triathlete with past national team experience, including multiple junior and age group national championships. During her husband's 2023 deployment, she began to train again and is preparing for the 2025 Maccabi Games in Israel.