



KATHERINE MULLEN

DOCTOR OF CHIROPRACTIC

BACKGROUND

Dr. Katherine Mullen is from all over the country but primarily grew up in Austin, Texas. She competed in many different sports growing up, but volleyball and track is where her passion stuck. Growing up in Texas also developed her love of football. You could find her at most University of Texas games cheering on the Longhorns. She also has 2 older siblings who live in New York City and a younger brother who is attending Boston University. You could say being the middle child of 4 helped develop her competitive side.

EDUCATION

Dr. Mullen received a Bachelors of Science degree from Auburn University (War Eagle) where she majored in Exercise Science. While she was at Auburn, she taught a few classes at the Campus Recreation and Wellness center, which included cycling and TRX. After she graduated from Auburn, Dr. Mullen attended University of Western States in Portland, OR where she received her Doctorate of Chiropractic, Masters of Sports Medicine, and Bachelor's of Science in Human Biology.

WHY CHIROPRACTIC?

After suffering through a frustrating knee injury in high school, Dr. Mullen visited a chiropractor for the first time via a family friend's recommendation. She remembers being in so much pain that she could barely walk into the chiropractors office. After one short session, she remembers being able to hop off the table and walk out of the office with minimal pain. This is where her passion and fascination with the Chiropractic field grew. Dr. Mullen had always wanted to help people and that appointment sparked her drive to help people and frustrated athletes like her chiropractor did for her.

AREAS OF SPECIAL INTEREST

Dr. Mullen has always had a love for living a healthy lifestyle by getting outdoors and competing in a number of different sports. This drive to stay active led her to obtain a Masters in Sports Medicine concurrently with her Doctor of Chiropractic, as well as spending countless weekends at seminars while in school including courses from Dynamic Neuromuscular Stabilization (DNS) and Motion Palpation Institute (MPI). Now finally out of school, Dr. Mullen is excited to start helping patient athletes through chiropractic care but also active rehab techniques like McKenzie Method, Neurodynamics, and more.

WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

Dr. Mullen loves anything that is outside. This includes hiking, running, being on the lake, skiing, and hanging out with her dog Luna. She spends her weekends camping in the summer, cheering on the Auburn Tigers or Texas Longhorns in the fall, and skiing in the winter. She is very excited to live in Denver, especially because all the sunshine and mountains. She is very excited to be joining the Washington Park team!