

Jessica E. Nyrop, D.C., M.S.

**Specialties**

Manual Techniques

Graston Technique

Nutrition Counseling

Cox's Distraction

Muscle Release Technique

**Education**

2003 University at Buffalo, SUNY. B.S. Exercise Science

2005 University at Buffalo, SUNY. M.S. Nutrition

2011 D'Youville College. D.C. Doctor of Chiropractic

**Teaching**

Adjunct Instructor, University at Buffalo, Millard Fillmore College – Sports Nutrition for Coaches

Faculty, University at Buffalo, SUNY – Introduction to Wellness and Yoga

Personal Information and Interests

Yoga instructor

Healthy eating, cooking methods and anti-inflammatory foods

Ironman triathlete

Cycling, running, marathons

Functional conditioning for the runner and triathlete

Architecture and history