



Dr Kelsi Holz

 (+27) 82 491 8624

 holzkelsi@gmail.com

 Bryanstonchiropractor.co.za

A bit about me...

I am a driven chiropractor with a go-getter attitude and love for life.

I am passionate about complimenting chiropractic treatment with lifestyle education and pursuing wellness through regular exercise, recovery and healthy diet.

In 2022, I opened my own practice and have seen consistent growth in patient numbers.

In 2019, I became the first University of Johannesburg student to win the Federation Internationale de Chiropratique du Sport (FICS) Student Scholarship Award.

While serving as Vice-Chairperson on the FICS Student Commission, I was part of a team that pioneered a programme that provided collaborative opportunities between chiropractic students and qualified chiropractic doctors.

After graduating I joined the Golden Key International Honour Society, the world's largest collegiate honour society comprising of the top 15% of college and university students as well as top-performing graduate students, based on academic performance.

I am an avid hockey player and amateur triathlete. I love the outdoors and have a minor bird watching obsession.

Education

- Jeppe High School for Girls - 2013
- The University of Johannesburg, Masters in Technology: Chiropractic (MTech Chiro) - 2019

Post grad qualifications:

- Rock Tape
- Dynamic Tape
- Faktr
- FICS ICSC (ongoing)

Honours and Committee Titles Held

- Jeppe High School for Girls - Matriculated with distinctions in English, Life Orientation and Biology, awarded academic colours, Deputy Head Girl, Head of House, first team hockey captain.
- The University of Johannesburg - Graduated with distinction (MTech Chiro).
Student Chiropractic Sports Council - Class Representative (2016), Secretary (2017), Events Coordinator (2018), Chairperson (2019).
Chirosport South Africa (NSC) Student Liaison.
FICS Student Scholarship Recipient (2019).
- FICS Student Commission Member 2019 - 2021
FICS Mentoring Program Coordinator 2021 - 2023
FICS Student Commission Vice-Chairperson 2022
FICS Student Commission Chairperson 2023

Employment History

- Bryanston Chiropractic (2022 - present). Self-owned private practice.
- Benoni Chiropractic Health (2022 - present). Associate.
- Greenstone Family Chiropractic (2021 - 2022)
- The Chiropractic Studio Sandton (2020 - 2021)

Major Sports Events Worked:

- ABSA Cape Epic
- 947 Cycle Challenge
- The Battle CrossFit Championship
- South African Dressage Championship
- USSA Varisty Sport Netball
- Last Man Standing Crossfit