



**Dr. Shawna Ortiz**  
***Chiropractic Specialist***

**Dr. Shawna Ortiz** is a Maximized Living doctor practicing the most modern and cutting edge spinal corrective care techniques in the world today. Dr. Ortiz is a graduate of Parker College of Chiropractic with her doctorate in Chiropractic and Bachelors in Health and Wellness. Dr. Ortiz practiced at two of the largest Chiropractic Wellness offices in Illinois and Texas before returning to her home state of Oklahoma.

She is a member of the Sports Performance Council to several U.S. national teams including U.S.A Wrestling, U.S.A. Judo, U.S.A. Weightlifting and professional sports teams. Dr. Ortiz is dedicated to transforming the health and lives of families in Oklahoma City and surrounding communities through the 5 Essentials of Maximized Living.

For more information about Dr. Ortiz call (405) 470-6415 or visit the [Frontier Family Chiropractic Facebook](#) page.