



Shaan Rai
Chiropractor

Dr Shaan Rai graduated with a Master of Chiropractic (AECC, UK) in 2014. He then worked in a practice outside of London before moving to South-East Asia to begin practicing as a Chiropractor in 2016. Vitality Chiropractic Centres was founded to provide Singapore with its first Upper Cervical focused practice, a dedicated migraine and vertigo specialist centre.

Shaan has experience working with patients from 2 weeks old to over 90 years old, with patients in wheelchairs to professional athletes. In addition to clinical practice, Dr Shaan has met with the World Health Organisation, lobbying on the topic of furthering Chiropractic research. He is an active member of the Alliance of Chiropractic (Singapore), and serves as the Vice President and Chairman for Charity and Community Outreach for the association. He has also completed post-graduate study in: Atlas Orthogonal, Blair Upper Cervical, NUCCA (National Upper Cervical Chiropractic Association), KCUCS (Knee Chest Upper Cervical Specific), BGI (Bio Geometric Integration), TPI (Titleist Performance Institute – Golfers), MLS Adjusting, and Syntropy Adjusting.

In his free time, Shaan enjoys golf, skiing and being in nature (as well as trying new food!) When he's not busy with his patients, he volunteers to help migrant workers through SDI (Singapore), Centre for Domestic Employees (CDE), Singapore Special Olympics team, HOME, AIDHA and mission trips in Philippines. Committee (PCC) for the Chiropractic Board of New Zealand.

e: help@vitalitychiropracticcentres.com

w: <https://vitalitychiropracticcentres.com/>

watch: <https://youtu.be/oEkwwexcXEA?si=SsXMwqXEQAaHN3IH>