

My name is Dr. Tylur Arvidson, and I'm a chiropractor and small business owner here in the Virgin Islands. I appreciate the opportunity to speak before you today as I seek appointment to the Board of Chiropractors.

My journey to the Virgin Islands began during my final months at Life University, my alma mater. A colleague spoke often and fondly about the islands, and after visiting twice, I knew this was a community I wanted to be a part of. In March of 2015, my fiancée, my brother, and I made the move, full of ambition and a dream to start our own practice and make a meaningful impact in this community we were so eager to serve.

The beginning wasn't easy. We stayed at the Tillett Gardens hostel for a few weeks, worked part-time jobs to make ends meet, and poured every bit of energy and limited resources we had into building our dream. By mid-2015, we finally opened our first chiropractic practice. Slowly but surely, we became part of the community, one patient and one relationship at a time.

Over the years, our practice grew. We trained and hired several young, local, and eager individuals who became an integral part of our team. In time, we expanded our efforts by opening a CrossFit gym to promote physical activity and community engagement around fitness and wellness. The results were remarkable. Patients and members came off medications, lost significant weight, and found new vitality in their daily lives. It was deeply rewarding to witness those transformations.

When the hurricanes hit, we lost nearly everything. Our homes were destroyed, but we stayed committed to helping rebuild and continuing to serve the community we loved. By 2019, after years of hard work and hardship, my brother decided to move on, and I was unable to manage both the practice and the gym alone. My wife and I made the decision to return to Michigan so she could pursue her PhD, and I could pursue advanced sports medicine training. It was a step we believed would ultimately allow us to have an even greater impact on the health and wellness of Virgin Islanders.

In late 2021, we returned home to the Virgin Islands and opened Chiropractic Connection, continuing our mission to provide exceptional care and holistic wellness services. Shortly after reopening, I was approached by Dr. Bob DeBonis, who encouraged me to consider applying for the Board of Chiropractors. At that time, my focus was on rebuilding and serving patients again, but over the years, I've come to see that serving on the Board would allow me to contribute in a broader and more lasting way.

One of the most rewarding aspects of my work since returning has been the opportunity to support athletics throughout the Virgin Islands, particularly our young athletes. I currently serve as team doctor for the USVI Under-18 Softball Team, the USVI National Softball Team, and USVI Boxing. I also serve as team doctor for all University of the Virgin Islands athletic programs, supporting collegiate athletes across multiple sports. Most recently, I served as the ringside doctor for a boxing event on St. Croix, helping oversee athlete safety in a competitive environment.

These roles have given me the privilege of working with athletes at different stages of their development, from young competitors representing our territory to collegiate and national-level athletes. Beyond treating injuries, my focus is on injury prevention, safe participation, recovery, education, and helping our athletes perform at their highest potential. I believe that investing in the health of our young athletes is an investment in the future of the Virgin Islands. It is especially meaningful to support individuals who proudly represent our territory both at home and abroad.

Today, we're also proud to have recently secured a grant with GVI Wellness for a program called MyBioFix, a 100% online, behavior-based nutrition and physical activity initiative that helps participants make sustainable lifestyle changes. It's another way we're working to improve public health outcomes across the territory. I also serve the BVI community and currently hold professional licensure to practice chiropractic in our neighboring islands.

Throughout these years, through challenges and triumphs, my goal has never changed: to uplift the health and well-being of the Virgin Islands community. Whether through my chiropractic practice, supporting our youth and national athletes, promoting healthy lifestyles, or contributing to public health initiatives, I have always believed that healthcare professionals have a responsibility to serve beyond the walls of their offices.

Joining the Board of Chiropractors would allow me to bring these experiences, both the successes and the struggles, to a broader level of service. I hope to help strengthen our profession, support my fellow chiropractors, uphold high standards of ethical and clinical care, and ensure that chiropractic continues to make a meaningful contribution to the health of our territory.

Thank you for your time and consideration. It would be an honor to serve on the Board and to continue giving back to the community that has given me so much.