

# Urgent Care Association of America



**Julia K. Nelson, MD**

Dr. Nelson completed her M.D. degree, in 1997, and her Family Medicine Residency, in 2000, at the University of North Carolina at Chapel Hill. She joined MEDAC Health Services Urgent Care in 2008, after eight years of providing comprehensive Family Medicine. She is Board Certified in Family Medicine and a member of the AAFP and of the North Carolina

Medical Society.

She began her clinical career as a Physical Therapist in 1981. Her knowledge and experience are complimented by a M.S. in Biomechanics and an additional two years of research in the 3D analysis of spinal movement as it relates to injury recovery.

Prior to her medical training, she was Coordinator of Outpatient Physical Therapy for Duke University Medical Center. During this five year period she worked to establish an extensive Occupational Health program directed at the prevention and rehabilitation of back and neck injuries.

Dr. Nelson brings a unique perspective to her presentations, combining clinical, research, and management experience into information that is relevant to a variety of audiences.

## **Contact Information:**

Julia K. Nelson, MD  
MEDAC Health Services  
Wilmington, NC  
drjknelson@gmail.com