Chiropractor Cand. Manu. Dorthe Schøler Ziegler graduated from the University of Southern Denmark in 2004. After spending some years in a private-sector chiropractic clinic, she was employed at the specialised multidisciplinary outpatient Spine Centre at the University Hospital of Southern Denmark.

From 2008 to 2015, she held various political positions within the Danish Chiropractors Association. In 2019, she obtained her PhD in spine surgery.

Currently, she serves as a personnel and operations manager at the Spine Centre, while also holding a 20% research position. Additionally, she is an Associate Professor at the University of Southern Denmark, which has included responsibility for communication training.