Graduated as a chiropractor from AECC Bournemouth and the University of Southern Denmark in Odense in 2004, and holds a master's degree in project development and innovation from the University of Southern Denmark from 2017.

After a couple of years in private practice, he has worked in the public healthcare system, both clinically and in professional and developmental roles. He has been affiliated with various departments, but since 2014, he has been employed as a Senior Chiropractor at the Regional Spine Center in the Southern Region of Denmark. As a Senior Chiropractor, he focuses on the assessment of long-term back pain with an emphasis on specialized diagnostics and treatment. He is responsible for the "Children and youth" unit and the overall quality of professional expertise in the patient pathway, though the department.

He is also associated with The Chiropractic Knowledge Hub as a senior consultant, working on development projects that enhance the professional tools and skills of chiropractors and support the utilization of chiropractors' expertise in the healthcare system as a whole. He has contributed to the development of educational programs and clinical tools for patient education in practice.

He holds a trusted position at The Danish Patient Compensation (DPC) as an independent association. The task of DPC is to help patients by evaluating if they are entitled to compensation due to injuries from healthcare treatments or side effects from drugs.