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OCTOBER 2024



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Opportunities to impact the health of all nations

In 1948, the World Health Organization (WHO) constitution declared health a fundamental human right and committed to ensuring the highest attainable level of health for all. This declaration laid the foundation for Universal Health Coverage (UHC) 2030.

The principles of UHC 2030 emphasize leaving no one behind, focusing on equity, non-discrimination, and a rights-based approach. They also stress the importance of transparency, accountability, evidence-based strategies, and international cooperation across nations, regardless of development status.

In 2015, nations of the world adopted the 2030 Sustainable Development Goals (SDGs) to help achieve UHC. To realize these targets by 2030, countries are urged to strengthen their healthcare systems by ensuring a well-distributed, skilled health workforce with access to quality resources and decent working conditions. The pathway to UHC is complex, requiring a multi-faceted, collaborative approach.

These global goals align perfectly with the vision of the World Federation of Chiropractic (WFC): a world where all people, of all ages, in all nations, have access to evidence-based, people-centered, interprofessional, and collaborative chiropractic so that populations may thrive and reach their full potential. Through our principles, policies, position statements, projects and initiatives, including our #BeEPIC advocacy campaign, we are committed to advancing this vision.

Evidence-based care, which is central to our approach, arises from three essential pillars: the use of best available evidence, the experience of the clinician, and the values, beliefs and preferences of the individual patient.

At the recent conference of the Chiropractic Association of South Africa, I was inspired to see an embracing of all three elements of evidence-based care. The sharing of evidence from various



Dr Kendrah Da Silva, WFC President

disciplines is driving changes in educational programs and clinical practice, all with the patient's well-being as the primary driver.

As we look ahead to the WFC Global Education Conference in Malaysia, I am excited about the transformation of care delivery and education using innovation and technology – the theme of this groundbreaking event. As we embrace new ideas, new methods and new practices, we will expand our reach to low- and middle-income countries and expand awareness, utilization and integration of chiropractic internationally – the very essence of the WFC's mission.

As the delivery of high-quality, evidence-based chiropractic expands throughout the world, with educational institutions delivering programs all over our 7 regions, there has never been a better opportunity to positively impact the health of nations. Together, let's commit to supporting our educators, our researchers and our clinicians. Our time is now. **KDS**

News from the boardroom

On Tuesday, August 13, 2024, the World Federation of Chiropractic (WFC) Board of Directors convened for its regular Q3 meeting. The receipt of a letter of gratitude from the president of the World Congress of Chiropractic Students (WCCS) was reported, which expressed appreciation for the WFC's financial support of its Annual General Meeting in Mexico.

The Board was advised that two new position statements, approved during the previous meeting, had been successfully uploaded to the WFC website. In respect of the new WFC website, the Secretary-General noted positive feedback from users, highlighting its enhanced accessibility and multilingual translation capability.

The Secretary-General provided the Board with a comprehensive activity report. The Board also reviewed an updated risk register and considered a Risk Management Framework drafted by the Secretary-General, which was agreed upon to strengthen the governance structure of the WFC.

A new cybersecurity policy was approved to ensure the organization's digital safety.

Under finance, the Board considered recent financial statements, the current status of financial performance against the budget and approved a financial risk analysis report, underscoring the Board's commitment to fiscal responsibility.

An update was provided on the activities of the research, public health and disability and rehabilitation committees and approved the terms of reference for a new WHO Committee.

With the current Secretary-General stepping down at the end of June 2025, the Board was updated in relation to ongoing succession planning efforts.

Updates were provided in respect of the WFC's Global Education Conference, taking place in Kuala Lumpur, and the 18th WFC Biennial Congress, to be held May 7-10, 2025 in Copenhagen, Denmark.

The next meeting is scheduled for November 12, 2024.

WFC BOARD OF DIRECTORS (2024-26)

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The power of alignment: why collaboration is fundamental to our future

As chiropractors, we know how vital spinal health is to a person's overall well-being. For almost 130 years, our whole-person approach has focused on analyzing structure and function and optimizing the neuromusculoskeletal system. Attitudes and beliefs during this time have often meant going it alone, carving out our niche in the healthcare environment.

But in today's rapidly evolving healthcare world, the key to better serving our patients lies not just in what we do alone but in how we collaborate with other health professionals.

Evidence is increasingly showing that teaming up with medical doctors, physical therapists, nutritionists, and others allows us to deliver better patient outcomes. By working together, as well as by taking a biopsychosocial approach to care, we can develop and implement treatment plans that address the whole person, not just their symptoms.

"Better serving our patients lies not just in what we do alone but in how we collaborate with other health professionals."

We know that chronic back pain sufferers, for example, benefit from a raft of interventions, not just a single approach. Whether it be rehabilitative approaches to optimize function, to lifestyle advice to psychologically informed care to diet and nutrition, working with colleagues from our own and other professions is critical to success.

With everyone contributing their expertise, including the views and preferences of patients embedded in a shared decision-making model, the team approach is one that is fast becoming the norm.

Collaboration also boosts the credibility of chiropractic within the broader healthcare community. Isolation has often led to skepticism about chiropractic from other health professionals.

But when chiropractors actively engage in interdisciplinary teams, the value we bring to the table becomes clear. By working side-by-side with other specialists, adopting a common language and acknowledging the value of every team member's contribution, we gain trust and respect and allow others to see first-hand how chiropractic care complements what they do. This not only enhances our reputation but also opens doors for greater integration in patient care – a fundamental component of the WFC's vision.

With patient safety a core focus of the WFC's Research Committee primary initiative, avoidance of unintended harm is another huge benefit of working with others.



Richard Brown, WFC Secretary-General

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The power of alignment: why collaboration is fundamental to our future

Acknowledging scope and expertise and understanding when a patient needs a referral to a neurologist, orthopedic surgeon, or another specialist is a measure of maturity and a commitment to interprofessional, whole-person care. Having a strong referral network not only ensures the patient gets the right care but also builds trust - they know we're looking out for their best interests, even if it means sending them to someone else.

Recent publications in some of the world's class-leading journals involving multidisciplinary authorships have pushed chiropractic forward in terms of research and evidence-based practice.

By partnering with other healthcare professionals in research studies, chiropractors have contributed to the growing body of scientific evidence that supports our work. This not only strengthens the foundation of our profession but also helps us stay on the cutting edge of treatment and care.

"Multidisciplinary authorships have pushed chiropractic forward in terms of research and evidence-based practice."

In today's healthcare environment, no single practitioner has all the answers. The best care comes from working together.

By embracing collaboration, we can improve our patients' health, build stronger practices, and advance chiropractic as an essential part of an integrated healthcare model.

Working collaboratively, we can go so much further than we ever could on our own! **RB**

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NEWS ITEMS

The WFC welcomes news items, digital images and feature stories to include in the QWR. Send all submissions (in Word format) to QWR@wfc.org. Please note all submissions may be subject to editing.

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WFC launches International Chiropractic Education Alliance

The World Federation of Chiropractic (WFC) is proud to announce the launch of the International Chiropractic Education Alliance (ICEA), a groundbreaking initiative designed to represent and support chiropractic educators globally.

The ICEA will serve as the leading international body, providing a unified voice for the advancement of chiropractic education standards and practices worldwide.

As the primary forum for discussion, the ICEA is dedicated to sharing best practices and advocating for high and consistent standards in chiropractic education. This new alliance operates under the WFC, ensuring that it remains an apolitical organization with a core mission: to maintain the relevance and effectiveness of chiropractic education.

Through active discussion and consensus building,



the ICEA will focus on identifying trends, fostering innovations, and addressing challenges within the field.

"The establishment of the ICEA marks a significant milestone in the evolution of chiropractic education," said Dr Kendrah Da Silva, President of the WFC. "By creating this dedicated alliance, we are providing educators with the resources and platform needed to enhance the quality and consistency of chiropractic training on a global scale."

Key functions of the ICEA include:

- **Connecting Global Experts:** The ICEA will facilitate connections among chiropractic educators and experts worldwide, fostering a collaborative environment for sharing knowledge and expertise.
- **Liaising with Accreditation Organizations:** The alliance will work closely with accreditation bodies to help ensure that chiropractic programs meet the highest standards of excellence.
- **Advising on New Program Establishment:** The ICEA will offer guidance and support in the development of new chiropractic education programs, ensuring they are built on a foundation of best practices and high standards.
- **Specialist Advocacy:** Serving as a dedicated voice for chiropractic educators, the ICEA will advocate for their needs and interests within the broader chiropractic and healthcare communities.
- **Contributing to Global Education Conferences:** The alliance will play a crucial role in the planning and execution of international conferences, promoting continuous learning and development in chiropractic education.

"The ICEA is poised to become an indispensable resource for chiropractic educators everywhere,"

WFC launches International Chiropractic Education Alliance (continued)

added Professor Richard Brown, Secretary-General of the World Federation of Chiropractic.

"Our commitment to fostering excellence and innovation in education will ultimately benefit students, practitioners, and the patients they serve."

The WFC invites all stakeholders in chiropractic education to join the ICEA in its mission to elevate and harmonize educational standards across the globe. Together, we can ensure that chiropractic education remains robust, dynamic, and responsive to the needs of the future.

For more information about the ICEA and how to join as an educational institution or associate member, please visit <https://www.wfc.org/icea>.



Secretary-General circumnavigates the globe at Northeast Homecoming event

WFC Secretary-General Richard Brown took attendees on a whirlwind trip around the world when he delivered the keynote address at Northeast College of Health Sciences' September 2024 Homecoming Event.

In a presentation titled *The International Status of Chiropractic*, Professor Brown described the work of the WFC and the nature of the profession across its seven world regions.

With a particular focus on social determinants of health, he described how social,

political, environmental and economic factors impact on access to chiropractic services. He described the legal status of chiropractic around the world and the precarious circumstances under which some chiropractors practice as a consequence of a lack of regulation.

Professor Brown was given a tour of Northeast College's Seneca Falls campus and spent time with President Michael Mestan, who explained how the college was widening its programs and had recently opened its second campus.



Northeast College President Dr Michael Mestan with WFC Secretary-General Richard Brown



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WFC celebrates WHO World Patient Safety Day with week-long campaign

On September 17th, World Patient Safety Day, an important initiative by the World Health Organization (WHO), was commemorated.

The World Federation of Chiropractic's (WFC) Global Patient Safety Task Force (GPS TF) marked the occasion by urging chiropractors worldwide to reflect on the vital role of patient safety in their practice.



Infographics were a large part of WPS day

In the days leading up to WHO World Patient Safety Day, the WFC GPS TF launched a series of daily infographics that highlighted the significance of patient safety across various roles, including chiropractors, educators, and leaders.

Recognizing that chiropractors often juggle multiple responsibilities, these infographics reinforced the message that all professionals, regardless of their primary or secondary focus, play an essential role in safeguarding patient safety.

The infographics drew attention to the key points outlined in the recently published commentary, *"The World Federation of Chiropractic Global Patient Safety Task Force: A Call to Action."* This commentary emphasized seven core patient safety objectives, which form a comprehensive framework aimed at enhancing safety across critical areas such as policy, clinical systems, patient engagement, education, information sharing, and partnerships.

The campaign also showcased personal reflections and stories from practicing chiropractors, illustrating the tangible impact of patient safety initiatives.

One account detailed how a collaborative approach between a chiropractor and a primary care physician significantly improved the care of a patient with chronic pain and multiple health conditions.

Another story highlighted how involving family members in office procedures helped ensure patients received adequate support during periods of deteriorating health. These examples underscored the value of teamwork and patient-centered care in promoting better outcomes.

The initiative emphasized that

patient safety is not just about preventing harm; it is about fostering a culture of safety in every aspect of care.

Reflecting on the initiative, Dr Katie Pohlman, Chair of the WFC Global Patient Safety Task Force, remarked, "On this inaugural year of chiropractic's recognition of World Patient Safety Day, we demonstrated our profession's commitment to supporting patient safety.

"This day reminded us of our responsibility to uphold the highest standards of care and continually strive for excellence in our patients' safety and well-being."



Dr Katie Pohlman chairs the WFC Global Patient Safety Task Force

Details of the infographics can be found on the WFC's website, Facebook page and Instagram feeds.

Let The Fairytale Begin!

Set a mark in your calendar and be ready to join a real Fairytale. WFC's 18th biennial congress will take place in Copenhagen in 2025 and It's not just an event; it's an experience you will remember forever.

Imagine exploring Copenhagen, a city filled with history, culture, and adventure, all while participating in a congress with fantastic speakers, atmosphere, exhibitors, and other chiropractors from all over the world.

Your adventure begins with a single step - see more at www.wfc25cph.org.

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7-10 MAY 2025

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Registration open for WFC Copenhagen 2025!

We are thrilled to announce that registration for the 18th Biennial Congress of the World Federation of Chiropractic (WFC) is officially open!

This is a moment we have all been eagerly awaiting, and we invite you to join us in Copenhagen, a city renowned for its charm and beauty.

Event Highlights

The WFC Congress promises to be an unmissable event, featuring a range of exciting activities.

You can look forward to superlative keynote addresses from industry leaders that will provide valuable insights into the chiropractic field.

There will be inspiring plenary sessions that engage participants in thought-provoking discussions and stimulating panel discussions that focus on pressing topics in chiropractic care.

Additionally, attendees can participate in a diverse range of workshops that offer hands-on techniques and approaches, alongside groundbreaking research presentations that will keep you updated on the latest findings.

Theme: Connecting the Dots of Evidence-Based Practice

This year's theme, "Connecting the Dots of Evidence-Based Practice," emphasizes the key elements that empower chiropractors to deliver exceptional, people-centered care.

By focusing on evidence-based practices, we aim to elevate the standard of care across the profession.

Venue

The congress will be hosted at the Tivoli Hotel and Convention Center, which boasts state-of-the-art facilities for an optimal learning experience.

You'll also have the chance to savor authentic

Danish cuisine, enjoying local flavors and culinary delights that showcase Denmark's rich gastronomic culture.

And, of course, you can expect to experience the legendary Scandinavian charm that makes Copenhagen a wonderful place to gather.

Networking Opportunities

Copenhagen provides the perfect backdrop for networking. It's an ideal location to reconnect with old friends and discover new colleagues from the chiropractic field and beyond.

Our social program is designed to enhance your experience, filled with the warmth and comfort of "Hygge," fostering an inviting atmosphere for all attendees.

Register Now!

Don't miss out on this incredible opportunity! Secure your place early and be among the first to register for this exciting event.

By becoming an Early Bird, you'll ensure your spot and gain access to exclusive benefits available only to early registrants. Visit the official website at <https://www.wfc25cph.org> to sign up and find all the details you need.



Foot Levelers announced as WFC World Spine Day competition sponsor

Foot Levelers, the world's leading provider of handcrafted custom, flexible orthotics, has been announced as the exclusive sponsor of the World Federation of Chiropractic's (WFC) World Spine Day Competition. World Spine Day, coordinated by the WFC, is celebrated on October 16 each year. The theme of this year's World Spine Day was "Support Your Spine".

The WFC's competition encourages national chiropractic associations, educational institutions and private clinics to hold events and activities to celebrate World Spine Day and contribute to what is thought to be the largest single public health event dedicated to highlighting the burden of spinal pain and disability.

Coordinated by the WFC, World Spine Day is celebrated by professional organizations, advocacy groups and even governments throughout the world.

WFC Secretary-General Richard Brown praised Foot Levelers' contribution to chiropractic care.

"We're excited about this renewed partnership with Foot Levelers as we coordinate World Spine Day," he said. "The support that Foot Levelers has provided in supporting the global chiropractic profession is legendary and its contribution to promoting public health by supporting the World Spine Day competition speaks volumes."

Since its founding in 1952 by chiropractor Dr Monte Greenawalt, Foot Levelers (www.footlevelers.com) has been honored to support healthcare innovation and education and help chiropractors achieve optimal treatment results and the highest level of care for their patients.

The Roanoke, Virginia-based company works with chiropractors to provide custom, flexible orthotics to patients. It uses patented 3D scanning



technology or casting kits to develop a hand-crafted orthotic that supports all three arches of the foot.

The foot-to-spine connection imbalance or dysfunction in the feet can have ripple effects throughout the body. Balancing and supporting the feet with custom orthotics from Foot Levelers balances and supports the spine. Since its inception, it has produced tens of millions of orthotics for patients worldwide.

Aligning with the profession's emphasis on proactive and natural treatment, Foot Levelers employs a preventative approach centered on whole-body support.

As a third-generation family business leader dedicated to advocating for healthcare providers and their patients' whole-body wellness, Foot Levelers President Jamie Greenawalt said the



Foot Levelers announced as WFC World Spine Day competition sponsor

company's mission remains the same.

"Every day, I wake up and think about how we can help support chiropractic care and expand it to the masses. I have grown up witnessing the life-changing benefits of chiropractic care from the feet up," she said.

Ms Greenawalt said it is also why Foot Levelers partnered with the World Federation of Chiropractic for World Spine Day.

"We are honored to partner with the WFC to spread awareness of an affliction that affects so many people," she said.

To learn more about the WFC World Spine Day Competition, see <https://bit.ly/WSDcomp2024en> (also available in French and Spanish). A toolkit, containing resources to support those planning

activities for World Spine Day is available at www.worldspineday.org.

About Foot Levelers:

Foot Levelers, the world's leading provider of hand-crafted custom orthotics, has been serving healthcare professionals since 1952. Stabilizing orthotics help properly support the back, knees, hips, pelvis, and even neck by providing a balanced and symmetrical foundation. Foot Levelers orthotics are proven to reduce LBP by 34.5%*. Visit www.footlevelers.com; and follow on [Twitter](#), [Facebook](#), and [Instagram](#) (@FootLevelers).

*Reference: <https://bit.ly/FLIresearch>

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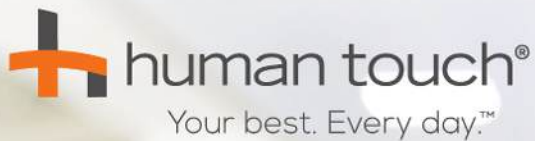
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- *John Maltby, D.C.*
WFC President

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WFC Research Committee Chair named Endowed Professor in 'Optimizing Management of Musculoskeletal Health' at Vrije Universiteit, Amsterdam

WFC Research Committee Chair Sidney Rubinstein has recently been honored with the prestigious title of endowed professor in 'Optimizing Management of Musculoskeletal Health' at the Vrije Universiteit, Amsterdam.

This accolade places Professor Rubinstein among a rare echelon of chiropractors who have secured a professorship at a major, non-chiropractic affiliated university globally. The appointment is particularly noteworthy due to Professor Rubinstein's unique integration of academic and clinical work, splitting

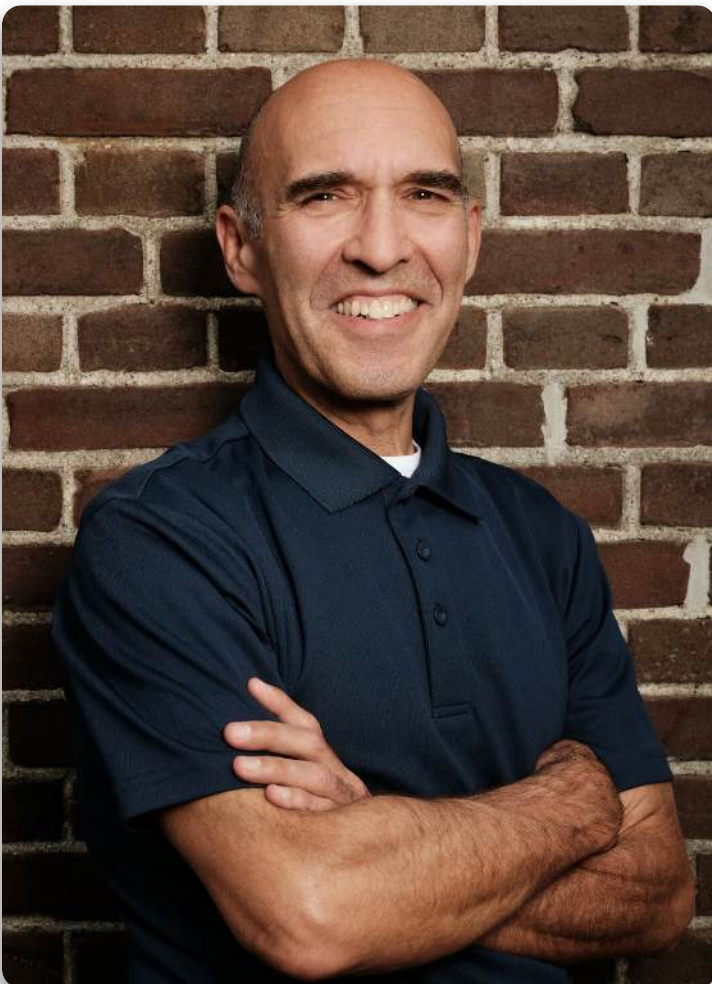
his time equally between the university and clinical practice.

Commenting on his dual roles, Professor Rubinstein says, "I find that keeping one foot in academia and the other in clinical practice grounds me in the real-world issues that matter to both clinicians and patients. However, balancing these two demanding roles presents unique challenges, particularly around time management and work-life balance."

An endowed professor is a prestigious university position funded by donations or endowments from donors, often honoring a specific individual or field of study. Unlike regular professorships, these positions provide extra financial resources for research, teaching, and other academic activities. The funding helps support professorial work, allowing appointees to focus on innovative research and educational excellence. It is a mark of distinction, recognizing a professor's expertise and contributions to their field. Essentially, an endowed professor has both the honor and the resources to push the boundaries of knowledge and mentor the next generation of scholars.

The position of endowed professor comes with stringent criteria, ensuring that only the most qualified candidates can fill the role. The benchmarks include:

- A minimum of 10 years of professional experience, with successful supervision of at least 6 BSc and 10 MSc internships.
- A robust research portfolio, including at least 15 publications as the first or last author, a minimum H-index of 15, and at least 2 successful grant submissions exceeding €160,000. Additionally, candidates must have supervised the



Professor Sidney Rubinstein

WFC Research Committee Chair named Endowed Professor in 'Optimizing Management of Musculoskeletal Health'

completion of at least 4 PhDs, with 2 more in progress, and delivered a minimum of 10 scientific presentations as an invited speaker.

- The number of scientific personnel under direct supervision and contributions to social impact through non-peer-reviewed (lay) publications.

Professor Rubinstein's first broad objective will be to optimize care for musculoskeletal (MSK) disorders. This will be pursued through three key avenues:

1. Investigating the (cost) effectiveness of non-pharmacological Interventions: treatments that do not rely on pharmaceuticals, potentially reducing side effects and costs.
2. Identifying evidence gaps: pinpointing areas where current knowledge is lacking, paving the way for future research.
3. Personalizing treatment approaches: understanding which patients are unlikely to benefit from standard treatments, allowing for tailored, patient-specific interventions.

Commenting on the third of the objectives, Professor Rubinstein elaborates: "We know patients have different pain trajectories. Some experience rapid relief, while others might see gradual improvement or even worsening. Identifying these patterns and their predictors is crucial for personalized care."

Beyond optimizing care, Professor Rubinstein aims to serve as a beacon for the chiropractic profession. In particular, he is committed to demonstrating excellence and inspiring young professionals in the field, as well as motivating chiropractors to engage in research and collect clinical data. He also sees his role as fostering a culture of scientific inquiry and evidence-based



Professor Rubinstein splits his time between practicing as a researcher and a clinician

practice among the next generation of chiropractors. He comments, "It's critical that we lay the groundwork for tomorrow's generation of researchers. Only by positive mentoring and encouragement of innovation can we expect the work in this field to continue."

A secondary, yet vital, objective is to strengthen the partnership between the Netherlands Chiropractors Association (NCA), which subsidizes this chair, and the Vrije Universiteit, Amsterdam, specifically the Department of Health Sciences. Professor Rubinstein is highly appreciative of the support he has received from the NCA to date. "The Netherlands Chiropractic Association comprises mostly practicing chiropractors who are at the coalface working with patients in their communities. Understanding the synthesis of research findings and implementation in clinical practice is very important to me. With over 30 years of clinical practice, I feel uniquely positioned to translate key clinical questions into testable hypotheses, stimulating evidence-based care."

Sidney recognizes the ambitious and serious challenge this role presents but is eager to rise to

WFC Research Committee Chair named Endowed Professor in 'Optimizing Management of Musculoskeletal Health' (continued)

the occasion. He looks forward to contributing significantly to the profession and to public health through his new role.

Reflecting on his appointment, Professor Rubinstein shares, "The Chair is a 5-year appointment, and by its end, I will have reached an age where many consider retirement. However, when I look at leaders in our profession, such as my mentor Dr Scott Haldeman, they remain mission-driven and continue their work, albeit at a different pace. So yes, I still have several goals I wish to achieve and don't plan on stopping anytime soon."

Commenting on his appointment as a full professor, WFC Secretary-General Richard Brown commented, "We highly value Professor Rubinstein's energy, enthusiasm and expertise in leading the WFC Research Committee.

"Having known Sidney for many years as a highly valued friend and colleague, I am delighted that he has been recognized in this way. He has boundless enthusiasm and his decades of service to the



Professor Rubinstein speaking at the WFC Congress in Gold Coast, Australia, in 2023

chiropractic profession on the global stage has made a lasting impact. Everyone at the WFC wishes him success in his new role."

WFC participates in International Online Student Healthcare Conference

The World Federation of Chiropractic recently participated in an international online student healthcare conference, where public health was the principal focus and students from universities around the world presented their original research before a panel of healthcare leaders from a range of continents.

The virtual event, organized by WFC Public Health Committee

member, Faye Deane, brought together universities and healthcare professionals to discuss critical public health issues and explore interdisciplinary approaches to improving healthcare systems.

Chiropractic students from Health Sciences University, University of South Wales, Teesside University, McTimoney College of Chiropractic, London South Bank University and

Parker University joined colleagues from other disciplines to present research related to wide range of areas, including diversity and inclusion, biopsychosocial factors and genetic disorders.

WFC Secretary-General Richard Brown chaired a session on integrative approaches to optimize patient outcomes.

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Industry-leading technology on show as WFC visits CMCC

WFC Secretary-General Richard Brown recently visited the Canadian Memorial Chiropractic College (CMCC), located in Toronto, Canada. His visit marked a significant opportunity to engage with the college's leadership and explore the innovative educational technologies that are shaping the future of chiropractic education in Canada.

During his visit, Professor Brown met with the newly appointed President Christine Braderic-Baus and other senior figures at CMCC. Discussions centered around the future of chiropractic education, the integration of evidence-based practices, and the importance of global collaboration within the chiropractic community. Professor Brown expressed his enthusiasm for the college's initiatives and emphasized the WFC's commitment to supporting institutions that prioritize high standards of evidence-based practice and research in chiropractic training.

One of the highlights of the visit was a tour of CMCC's state-of-the-art simulation lab. This facility is designed to provide students with hands-on training using advanced technologies and realistic scenarios that mimic real-world clinical environments. The simulation lab allows students to practice their clinical skills in a controlled setting, ensuring they are well-prepared for patient care upon graduation.

Professor Brown was also shown the latest developments in CMCC's Force Sensing Table Technology (FSTT), which enables students to refine their manipulative skills by understanding



L>R: Dr Dominic Guiliani, Prof Richard Brown and Christine Braderic-Baus

force vectors employed during manipulative thrusts. This cutting-edge technology provides invaluable feedback to students, helping them refine their techniques and improve patient outcomes.

Professor Brown's visit to CMCC highlighted the importance of innovation, collaboration, and excellence in chiropractic education. Both the WFC and CMCC are committed to advancing the profession and ensuring that future chiropractors are well-equipped to meet the needs of their patients in an ever-changing healthcare landscape.

Following the visit, Professor Brown commented, "I was truly impressed by the commitment to innovation and excellence at the Canadian Memorial Chiropractic College. My discussions with Dr Braderic-Baus reaffirmed the importance of integrating advanced technology into chiropractic education.

"The simulation lab and force sensing table technology exemplify how CMCC is preparing its students for the future of patient care. Visits like these further strengthen our relationship, and I look forward to further collaboration with CMCC to advance the chiropractic profession on a global scale."



Richard Brown with senior CMCC staff and faculty

Public Health Committee update

The WFC Public Health Committee (PHC) continues to develop chiropractic-relevant materials to address public health information needs for the profession.

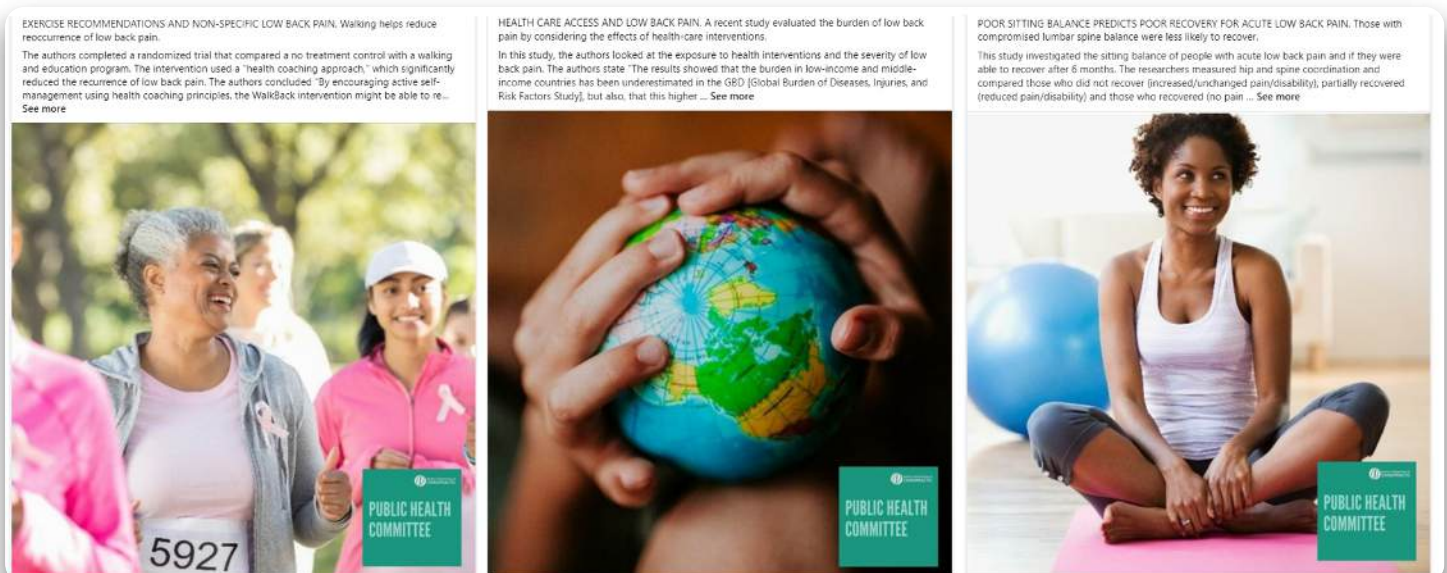
The role of the PHC is to advise the WFC Board in the area of public health as it relates to the practice of chiropractic and provides information to individuals and communities served by chiropractors globally. This may include, but is not limited to, the identification of public health priorities, implementation of health promotion activities, public health campaigns and activities congruent with priorities of the WFC and the World Health Organization (WHO).

The current PHC plan is tied to the first strategic objective stated in the 2024 to 2029 WFC strategic plan "Create Stakeholder Value: We will identify needs and expectations of member national associations and help to deliver workable and measurable solutions that drive growth and sustainability."

The focus of the PHC goals relate specifically to Public Health and Health Promotion:

- Develop public health policy and/or position statements for professional, national, and international levels.
- Educate the profession about public health and how to apply public health and prevention in chiropractic practice.
- Inform the public about the roles that the chiropractic profession may contribute to improving public health.
- Improve interdisciplinary collaborations and relationships on a global level (related to public health).

The PHC invites you to view its weekly posting of public health social media posts. The purpose is to distribute current public health information that is especially relevant to the chiropractic profession globally. The focus includes any public health related topics that are relevant to the chiropractic profession – with an emphasis on evidence-based public health, health promotion and prevention information that is useful for chiropractors to apply in practice.



Recent Public Health Committee social media posts

WFC President emphasizes EPIC pillars at CASA Conference

At September's Chiropractic Association of South Africa (CASA)* Conference in Durban, WFC President Dr Kendrah Da Silva delivered a keynote address that highlighted the vision, mission, and guiding principles of the World Federation of Chiropractic (WFC).

As part of an engaging presentation, Dr Da Silva highlighted the WFC's 20 principles, which articulate the organization's core values and aspirations, at the same time setting out what the WFC stands for and represents. Underscoring these principles is the importance placed by the WFC on the values of integrity, professionalism, and the commitment to the advancement of chiropractic care worldwide.

Dr Da Silva outlined the WFC's vision of a world where chiropractic is accessible to all people, of all ages in all nations.

She stressed the WFC's mission to promote and advance the profession globally through advocacy, education, and partnerships, ensuring chiropractors contribute meaningfully to public health and provide care grounded in strong scientific evidence.

Focusing on the EPIC pillars - evidence-based, people-centered, interprofessional, and collaborative care - Dr Da Silva urged chiropractors to stay informed of the latest research to ensure best practices. She emphasized people-centered care as a cornerstone of chiropractic, highlighting the need to tailor treatments to individual patient needs and deliver respectful, responsive care.

Interprofessional collaboration was another major theme, with Dr Da Silva advocating for greater teamwork between chiropractors and other healthcare professionals to improve patient outcomes.

She also called for expanded collaboration across sectors, from government to health organizations,



WFC President, Dr Kendrah Da Silva, with Dr Keseri Padayachy, WFC Research Committee member and CASA Conference organizer.

to meet global healthcare challenges through sustainable, integrated care models.

In closing, Dr Da Silva outlined future WFC initiatives, including its upcoming conferences and events and the new International Chiropractic Education Alliance (ICEA), while continuing to advocate for chiropractic's role in global health discussions.

She urged chiropractors to embrace the EPIC pillars and the WFC's guiding principles in their practice, leaving CASA members inspired to further contribute to the profession's growth and global impact.

**The Chiropractic Association of South Africa is the WFC member national association for South Africa*



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Secretary-General delivers commencement address at Logan University

In August 2024, Logan University welcomed WFC Secretary-General Professor Richard Brown to deliver the commencement address at its annual graduation ceremony.

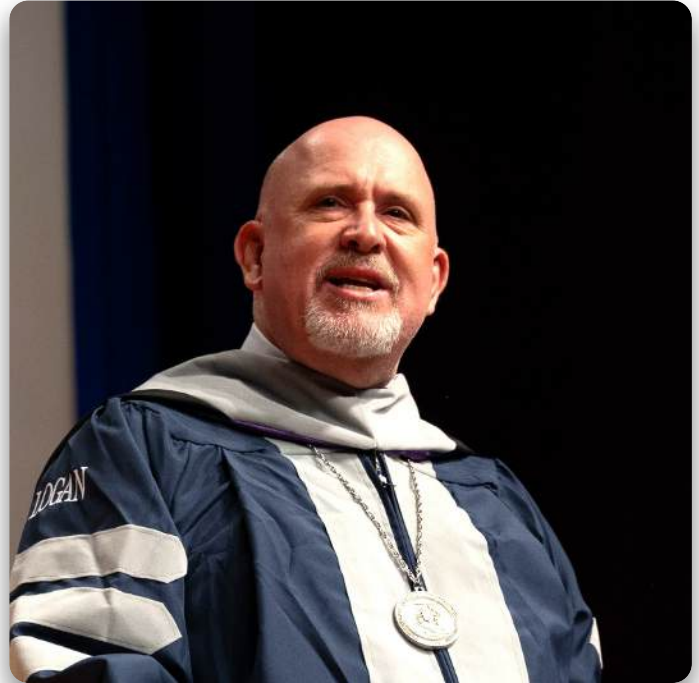
Located in Chesterfield, Missouri, Logan University is renowned for its commitment to chiropractic education and whole person health, offering programs that emphasize both academic excellence and clinical proficiency.

This significant milestone marked the graduation of a new cohort of chiropractors as well as other health sciences programs. Professor Brown reflected on how health care was constantly evolving, stressing the range of opportunities in today's world. In particular, he urged graduates to focus on whole person healthcare and reflected on the critical role that the new graduates would play in shaping the profession.

In his address, Professor Brown emphasized the importance of resilience and adaptability in today's rapidly evolving healthcare landscape. "As you step into this new chapter of your professional lives, remember that your journey is not just about treating patients - it's about being a leader, an advocate, and a beacon of hope for those in need," he urged the graduates. His call for lifelong learning and continuous professional development reminded the audience of the significance of staying updated with advances in healthcare and chiropractic practices.

Drawing from his experience in both clinical practice and academic leadership, Professor Brown spoke passionately about the stories of patients whose lives had been changed through chiropractic interventions, and underscored the value of compassion and empathy in practice.

"You have the power to change lives - don't underestimate the impact you can make in your community and beyond," he encouraged,



Richard Brown speaking at the Summer 2024 Logan University Commencement ceremony

instilling a sense of pride and purpose in the graduates.

Professor Brown's address stressed the profound difference that the new graduates could make in the lives of their patients and communities.

His message of hope, dedication, and the relentless pursuit of excellence will undoubtedly resonate with them as they embark on their careers, ready to embrace the challenges and rewards of chiropractic practice in a world that increasingly recognizes the importance of whole-person health approaches.

Speaking after the ceremony, Professor Brown commented, "It's often said that while people don't often remember what a commencement speaker said, they will remember how they made them feel. I hope the students went away feeling inspired and filled with optimism for the future."

Logan University celebrates new Fuhr Science Center with ribbon-cutting ceremony



Dr Arlan and Mrs Judi Fuhr at the ribbon-cutting

The Logan University community celebrated the dedication of the Fuhr Science Center with a ribbon-cutting ceremony and building tour on September 26, 2024. Arlan W. Fuhr, founder and chairman of Activator Methods International (AMI) and the building's namesake, spoke during the ceremony.

"My wife and I have continued to invest in this university because it is an excellent place for

students to advance their education in chiropractic and health sciences," he said. "We believe bringing students to campus is the best way to recruit them because once they see it, they realize Logan is the place for them."

Dr Fuhr and Judi Fuhr, CEO of AMI, enabled Logan to embark on the 33,426-square-foot renovation and 14,400-square-foot expansion of the building with a generous

lead gift of \$1 million in 2021. Mrs. Fuhr explained what this ceremony meant to her family and thanked the AMI team, the doctors who furnished the Activator Technique Lab within the Fuhr Science Center, and the entire Logan community.

"From the bottom of our hearts, we thank everyone who helped make this possible, including our 158 Activator instructors from around the world," she said. "We could not have done this

Logan University celebrates new Fuhr Science Center with ribbon-cutting ceremony

without Logan's institutional advancement team, its Board of Trustees and Dr McDonald."

During the ceremony, Logan President Clay McDonald explained how the facility is a testament to the university's mission and a beacon of its future.

"My vision has always been for Logan to



The Fuhr Science Center significantly increases teaching capacity at Logan University

continue to push boundaries to ensure we're not just participants in health sciences but leaders, innovators and change-makers," Dr McDonald said. "The Fuhr Science Center is a manifestation of that vision, embodying the excellence we strive for and the boldness we embrace in our pursuit of advancing education. It is a space where the best and brightest minds will come together to learn, to teach and to innovate, and where the future of chiropractic and health sciences is not just taught but shaped."

The Fuhr Science Center increases Logan's capacity for hands-on learning by more than doubling the university's anatomy lab space, creating new workspaces for hands-on simulated learning, expanding areas available

for student collaboration and updating technique classrooms. Kurt Wood, DC, member of Logan's Board of Trustees, described it as a space where the future of health science and chiropractic education would be shaped.

"Students will cultivate the skills needed to positively impact the patients they will serve," he said.

Gail Eller, a trimester 6 Doctor of Chiropractic (DC) student and Logan Student Government president, added that the new building represents more than bricks and mortar.

"The Fuhr Science Center embodies countless opportunities for students," she said. "Students are excited to learn in such an innovative environment, and there is an energy that comes from having these incredible resources right at our fingertips."

The renovation and expansion of the building was



Students, staff and faculty were all represented at the ribbon-cutting ceremony.

made possible by hundreds of generous supporters who contributed to Logan's Advancing Education, Transforming Lives campaign - an investment in leading-edge technology and experiential learning opportunities that has been



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Logan University celebrates new Fuhr Science Center with ribbon-cutting ceremony

a part of the university's curriculum since founder Hugh B. Logan's first class of seven students in 1935.

"I want to take a moment to express our deepest gratitude to the donors who supported the Advancing Education, Transforming Lives campaign; and to Dr and Mrs Fuhr for their generous lead gift in this initiative," said Theresa Fleck, Logan vice president for institutional advancement and admissions. "Without the combined vision from our president, Dr McDonald and the Fuhrs, this incredible facility would not have been possible. The generosity and contributions of so many will truly have a lasting impact on the lives of students, faculty and future practitioners."



WFC Past President Dr John Maltby

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ACF to host 2025 conference and AGM in Addis Ababa

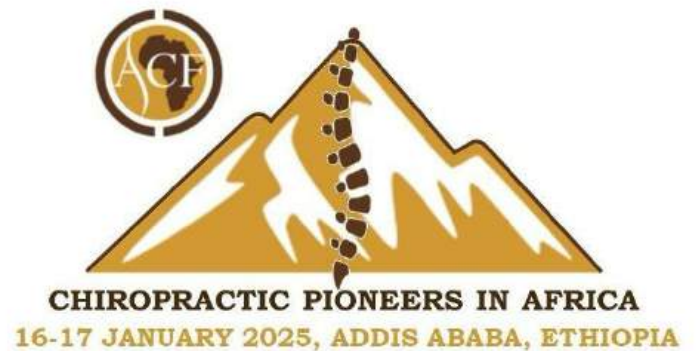
In January 2025, the African Chiropractic Federation (ACF) Conference will be held in the captivating city of Addis Ababa, Ethiopia.

As 2025 marks a quarter of the first century in this new millennium, the conference aims to both reflect on the journey so far and look toward the future of chiropractic care on the African continent. The event promises to be a dynamic platform for exchanging ideas and fostering collaboration. Many chiropractors in Africa find themselves in leadership roles not by choice, but out of necessity. Often referred to as “accidental leaders,” these professionals are elected to association posts because there are few others available to take on the responsibility. While managing the demands of their busy practices and helping patients improve their health, these chiropractors also devote their spare time to advancing legislative efforts, promoting public awareness, and enhancing educational opportunities to ensure broader access to quality chiropractic care.

Members of the ACF are undoubtedly pioneers in



The ACF meeting will take place in Ethiopia's Addis Ababa



their field. The contributions they are making today will be celebrated by future generations of chiropractors, who will recognize the groundwork being laid to advance the profession. The Addis Ababa conference will provide attendees with valuable insights into establishing and managing professional associations. Participants will also benefit from expert guidance on engaging with government officials through effective lobbying, delivered by a professional lobbying firm. Additionally, a public relations firm will offer strategies for crafting simple yet impactful messaging that highlights the benefits of chiropractic care's on both personal and societal levels. Professor Richard Brown, an eloquent and seasoned speaker, will lead a brainstorming session to help define actionable steps for each member country over the next decade. The African Chiropractic Federation is grateful for the support of the World Federation of Chiropractic (WFC), which is sponsoring part of the event.

The conference will also feature exciting hands-on workshops and the ACF General Assembly, followed by a two-day seminar with Dr Russ Hornstein. Attendees will have ample opportunities to connect with colleagues during various social events. The conference coincides with the world-famous "Epiphany" celebration, and the host, Dr Selam Akliku, is eager to welcome participants to her vibrant city and showcase all it has to offer.

The ACF looks forward to seeing everyone there.



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American Chiropractic Association news round-up

This October, the American Chiropractic Association (ACA) is celebrating National Chiropractic Health Month (NCHM) with the theme, "Chiropractic: Plan for a Strong Healthspan."

The term healthspan is used today to describe the years we live in good health, without major chronic illnesses and disability. Along with cardiovascular health, metabolic health and other factors, musculoskeletal (MSK) health is a key component in extending healthspan.

Throughout NCHM, chiropractors in the U.S. will share information on the importance of maintaining a strong and healthy musculoskeletal system for aging well. Head to [ACA's website](#) to learn more.

Increasing access to chiropractic services for U.S. seniors who seek to live long, healthy and active lives is also behind ACA's efforts to pass the Chiropractic Medicare Coverage Modernization Act (H.R. 1610/S. 799), which recently surpassed 170 cosponsors. The legislation, which would enable chiropractors in the U.S. to provide all services in Medicare that are allowed under their state scope of practice, continues to attract



Zachary Cupler

bipartisan support. As the end of the congressional year approaches in December, the race to pass the bill intensifies. Visit www.acatoday.org/medicare.

In January, ACA will host its annual meeting, ACA Engage. The event will take place in Washington, D.C., from Jan. 22-25, 2025, and bring together people from across the chiropractic profession. The conference also positions chiropractors and students for success by offering cutting-edge education, networking, leadership-development opportunities and a chance to lobby members of Congress during Chiropractic's Day on Capitol Hill. Visit www.acatoday.org/engage.

In other news, ACA member Zachary Cupler, DC, MS, was recently approved by the Patient Centered Outcomes Research Institute (PCORI) Board to serve a three-year term on its Advisory Panel on Clinical Effectiveness and Decision Science. The panel advises and provides assistance to the PCORI Board in identifying its national priorities for health and in establishing its patient-centered research agenda. PCORI is the leading funder of patient-centered comparative clinical effectiveness research in the United States.



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Meet Dr Russell Baron: leading chiropractic in Canada as the 2024-26 CCA Board Chair

From meeting his wife, Dr Kimberly Castle, at the Canadian Memorial Chiropractic College (CMCC) to raising three daughters - one of whom is set to graduate from CMCC herself - chiropractic is more than a profession for Dr Russell Baron: it's a lifelong commitment.



Dr Russ Baron at his clinic in Winnipeg

When Dr Baron graduated from CMCC in 1993, chiropractic was still working to establish its legitimacy in the broader healthcare system. He recalls the early struggles of being recognized as a trusted healthcare provider. "We faced a lot of skepticism back then. I remember early struggles with credibility; trying to build relationships with other healthcare providers was sometimes challenging.

Early in his career, he attended a seminar in Manitoba, presented by two medical doctors. "The room was silent as they asked questions, and no one was responding. My chiropractic friend and I raised our hands, and after the break, the presenters approached us, curious. When we told them we were chiropractors, they were surprised by the breadth of our knowledge - but that conversation sparked connections that opened new doors for us. I eventually began working at Manitoba Public Insurance, where I've now been a senior consultant on the healthcare services team for 25 years."

Now stepping into his role as CCA's Board Chair, Dr Baron is eager to build on the profession's growing momentum thanks to the collective efforts of leading organizations such as the CCA and Canadian Chiropractic Research Foundation.

"We are continuing to strengthen chiropractic's position in Canada's healthcare landscape by collaborating with insurers and government and influencing national health policies. With rising healthcare challenges, chiropractic has a vital role in addressing Canadians' neuromusculoskeletal health," he explains.

Looking ahead, Dr Baron is optimistic about the future, particularly as he observes his daughter and her peers preparing to enter the profession. With the remarkable leadership opportunities available through the CCA's student association, a bright and talented group of chiropractors is emerging, ready to take the lead.

"For 125 years, it feels like chiropractors have been running, trying to get a kite off the ground. Sometimes it bounces behind us, and we wonder if it's broken. But the kite isn't broken. It's strong and capable. What we've been missing is that gust of wind. With greater recognition and the current healthcare challenges, I believe the gust we need is coming. It's our responsibility to keep moving and keep the string tight so that the kite (chiropractic) can soar."

CASA's 8-year journey: a milestone for multidisciplinary practices in South Africa

In 2016, the Chiropractic Association of South Africa (CASA) began a pivotal journey to challenge restrictive regulations in South African healthcare.

A key issue was the Health Professions Council of South Africa (HPCSA) Ethical Rule that prohibited medical doctors and HPCSA-registered professionals from sharing rooms with practitioners registered outside its registry, such as chiropractors under the Allied Health Professions Council of South Africa (AHPCSA).

This rule effectively barred chiropractors from participating in multidisciplinary practices, limiting patient access to chiropractic care, especially in public hospitals and rural clinics where conservative care is most needed.

During the Health Market Enquiry (HMI), CASA argued that this restriction hindered healthcare competition and patient service delivery. It highlighted the essential role chiropractors play in managing neuromusculoskeletal conditions and emphasized the need for their integration into broader healthcare settings, ensuring accessible, effective patient care for all South Africans.

After three years of investigation, the HMI's 2019 report supported CASA's position, noting that the private sector's single-specialty nature stifled multidisciplinary care.

The report recommended amending HPCSA's Ethical Rules to allow integrated practices, thus enhancing patient-centered, team-based care and making healthcare services more accessible.

Now, after eight years of CASA's sustained advocacy, this effort has paid off. Recently, the HPCSA announced the Amendment of the Ethical Rules, officially permitting multidisciplinary practices that include chiropractors.

This milestone signifies a major victory for CASA



L>R: Bridget Bromfield, Kendrah Da Silva, Ané de Wet and Simon Lawson

and marks a new era for chiropractic care in South Africa.

Chiropractors can now collaborate freely with other health professionals, expanding patient access to comprehensive, team-oriented care across public and private sectors - a meaningful win for practitioners, patients, and the future of South African healthcare.

CASA is dedicated to helping chiropractors fully integrate into South Africa's healthcare system. This milestone paves the way for collaborative, accessible care, marking a transformative step for both practitioners and patients nationwide.



The landmark report recommended amending HPCSA's ethical rules



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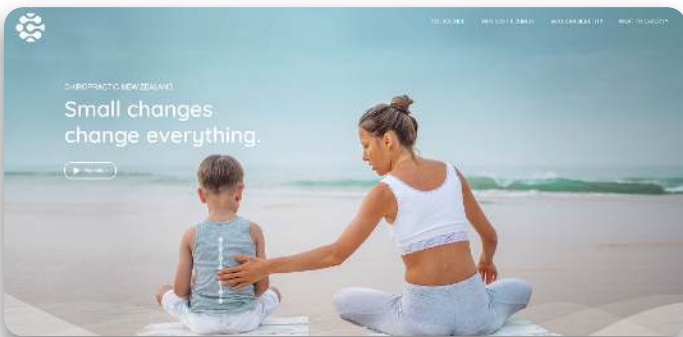
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Former president spearheads groundbreaking NZCA PR campaign

Under the leadership of former president Dr Hayden Thomas, the New Zealand Chiropractors' Association (NZCA) recently launched a series of initiatives to advance the chiropractic profession. These efforts culminated last year in the successful public launch of *Chiropractic New Zealand* (CNZ), an initiative that has generated interest as a model for other associations globally.

The NZCA commissioned two in-depth surveys through a leading market research agency. The



New materials created for the CNZ PR campaign

goal was to assess public perceptions - and misperceptions - of chiropractic and chiropractors in New Zealand while also understanding how the profession is viewed by other healthcare providers. The surveys provided a detailed snapshot of chiropractic's landscape in New Zealand.

This data-driven approach identified key areas for improvement to enhance the public's understanding and respect for chiropractic. "The data provided us with a clear picture of where the public stands," explained Dr Thomas, "and areas where we need to build bridges."

Two published papers detail the survey results - one on public perceptions and another on healthcare provider perceptions - and could be useful tools for the global chiropractic community.

Using these insights, the NZCA moved forward with a project to launch a new public-facing website, brand identity, and series of public relations campaigns. Heather Mackey of Human Nature Studio led the project, which spanned over two years and included a number of phases to produce a cohesive and modern brand image.

The outcome is a fresh, professional representation of chiropractic that is generating positive public engagement. "This is a true public representation of chiropractic that connects well with our members and the communities they serve," noted Dr Thomas. The campaign also benefits NZCA members, providing them with high-quality, approved content they can use across their websites and social media platforms. This brand development and PR effort are ongoing, ensuring CNZ remains relevant and engaging.



New materials created for the CNZ PR campaign

For those interested in learning more about the CNZ branding journey, Human Nature Studio has shared a detailed profile (humannature.studio/chiropractic-new-zealand) covering message development to logo design. The new website, available at chiropractic.org.nz, reflects the NZCA's commitment to modernizing the profession's image while actively supporting its members and improving public perception.

F4CP celebrates Global Chiropractic Health Month

October is celebrated as Global Chiropractic Health Month, a significant annual initiative dedicated to promoting the benefits of chiropractic care across the globe. This observance was established in 2022 through a joint resolution by the Foundation for Chiropractic Progress (F4CP) and the World Federation of Chiropractic (WFC), marking a new era in raising global awareness and enhancing access to chiropractic care.

The F4CP-WFC resolution supporting Global Chiropractic Health Month highlights the critical need for investment in education, skills, and effective care to help address the rising global burden of neuromusculoskeletal pain and disability. Furthermore, the resolution emphasizes the importance of World Spine Day, coordinated by the WFC, which has become the largest global interprofessional event dedicated to spinal health. Held every October, World Spine Day aligns with Global Chiropractic Health Month, strengthening its message of spinal health and overall well-being.



As part of its ongoing mission, the F4CP has expanded its public outreach through the *Adjusted Reality Podcast*, now entering an impressive eighth season. This popular podcast series features a diverse range of guests, including professional athletes, celebrities, healthcare professionals, and wellness influencers, all sharing insights on their health journeys and lifestyle choices. Each episode offers practical advice and genuine stories that underscore the value of chiropractic care and its impact on physical and mental well-being.

Season 8 of *Adjusted Reality* kicked off with an inspiring episode featuring Elaine LaLanne, a motivational speaker, television pioneer, and fitness icon at 98 years old. In this episode, Elaine shares the transformative power of her lifelong commitment to health, which she credits in part to her partnership with her late husband, Jack LaLanne- a renowned chiropractor and fitness expert. Throughout the conversation, Elaine reflects on her nearly century-long journey, sharing secrets of her longevity and the role chiropractic care has played in maintaining her vitality. To listen to her motivational story, click [here](#).

Those interested in supporting the F4CP and accessing materials like the podcast can join as individual donors at f4cp.org/package. Additionally, global leaders or organizations interested in partnering with F4CP through membership can learn more at f4cp.org/global.

These resources and partnerships represent a shared commitment to advancing chiropractic care and education worldwide.



The latest F4CP podcast features 98-year-old Elaine LaLanne

Moving targets: regulatory red flags for relocating chiropractors

If you're a chiropractor considering relocation, whether to another country or state, understanding the licensure process is essential.

In regulated regions, national or state licensing boards act as gatekeepers to protect public safety, ensuring that all chiropractors meet established professional standards. While the details vary by jurisdiction, the core focus remains the same: verifying that licensees can practice safely, ethically, and competently within the framework of local regulations.

The Basics of Chiropractic Licensure

In jurisdictions with comprehensive regulatory frameworks, boards control both the entry to and the continuation of chiropractic practice. Here's what most boards will consider:

1. Education Approval

Licensing boards typically recognize only graduates from approved chiropractic programs, often relying on independent accrediting agencies to assess the quality of these programs. However, the final approval rests with the board, which may not recognize certain institutions or programs, even if accredited elsewhere. It's crucial to check if your degree meets the requirements for the country or state where you wish to practice.

2. Examinations and Competency

To assess clinical competence, boards may require applicants to pass specific exams, including those unique to the region. Additionally, applicants often undergo criminal background checks and must provide character references as part of the licensure review.

3. Ongoing Standards and Development

Licensed chiropractors are usually expected to participate in continued

professional development (CPD) to ensure skills remain current. Many boards also mandate malpractice or professional indemnity insurance to cover potential liabilities.

4. Compliance with Evolving Regulations

Chiropractic boards interpret, enforce, and occasionally update regulations as the field advances. Practitioners are expected to comply with any legal changes, and boards monitor adherence to these standards through audits and disciplinary reviews when necessary.

5. Disciplinary Record

Past board actions or legal issues can be a red flag, though how each board assesses these cases varies. Sanctions, if imposed, are usually designed to guide practitioners back to compliance rather than exclude them from the profession unless public safety is at risk.

Complexities of Relocation

While moving within regulated regions can often be straightforward, certain factors complicate the process, including:

- **Gaps in Practice:** Boards may have strict limits on how long a practitioner can be out of active practice. Extended absences might require additional training or testing.

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CHIROPRACTIC REGULATORY SOCIETY

Moving targets: regulatory red flags for relocating chiropractors

- **Previous Convictions or Legal Issues:** A criminal record, past malpractice suits, or disciplinary actions could delay or prevent licensure.
- **Education Discrepancies:** If your chiropractic program wasn't accredited at the time you graduated, or if the accreditation isn't recognized internationally, boards may impose additional requirements.
- **Residency and Language Requirements:** Some countries mandate permanent residency or proficiency in the primary language of practice, which could be a hurdle for foreign applicants.

Preparing for the Licensing Process

Relocating chiropractors should be prepared for a potentially lengthy process involving paperwork, patience, and communication with regulatory bodies. Each board's approach can vary, especially for applicants with atypical qualifications or past issues. In these cases, the board, composed of both professionals and public members, will evaluate whether the applicant poses any risk to public safety.

For comprehensive details on specific requirements in various regions, visit www.chiroregulation.org.



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Switzerland's chiropractors tackle headaches and cervical spine care at annual convention

From August 29 to 31, 2024, Swiss chiropractors gathered for the annual "Continuing Education Convention," held under the theme: "Headache and the Cervical Spine: The Role of Chiropractic in a Multidisciplinary Approach." The event attracted approximately 400 participants, including chiropractors, students, assistants, esteemed speakers, and guests from across Switzerland.



Around 400 Swiss chiropractors attended the ChiroSuisse annual conference

Flavia Wasserfallen, a member of the Swiss Council of States, opened the General Assembly, emphasizing the vital role of chiropractic care within Switzerland's healthcare system.

The political forum featured several notable keynote speakers:

- **Matthias Remund**, Director of the Swiss Federal Office of Sport (BASPO), discussed national sports policy and the significance of sports in Switzerland.
- **Henrik Wulff Christensen**, Administrative Director of the Danish Knowledge Hub, presented "Crafting Excellence: Bridging Research, Quality, and Practice," where he offered insights on integrating research and quality into Swiss chiropractic care.
- **Dr Christoph Bosshard**, Vice President of

the Swiss Medical Association (FMH), addressed federal requirements for quality development in healthcare and the challenges associated with their implementation.

The scientific program delved into the latest advancements in chiropractic treatment for headaches and chronic head and neck pain. On August 30, attendees participated in presentations and workshops focusing on these issues. The following day shifted its focus to the cervical spine, covering surgical aspects, MRI imaging, and recent research on cervical spine manipulation.

Throughout both days, hands-on workshops addressed various topics, including headache and concussion management, patient assessment, spinal adjusting techniques, metabolic and nutritional considerations for concussion care, and myofascial pain syndrome. A dedicated workshop tailored for practice principals rounded out the educational offerings.

Participants also enjoyed a rich social program, featuring an exclusive tour of the new BASPO Research Centre and an aperitif with breathtaking views from the Grand Hotel terrace. The highlight of the convention was the ChiroSuisse Gala Dinner on Friday evening, hosted at a distinctive venue.

Additionally, the convention showcased an exhibition featuring healthcare sponsors, allowing chiropractors to explore the latest technologies and products available for their practices.

Looking ahead, the next chiropractic congress, CE Convention 2025, is scheduled to take place from August 28 to 30, 2025, in Brugg Windisch, Switzerland.

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Empowering care: insights from the JSCS annual conference on people-centered health

On June 16 and 17, 2024, the 15th Annual Conference of the Japanese Society of Chiropractic Science (JSCS) was held online, with the theme “Let’s Talk About Optimal Health Through People-Centered Care.”

Yasuyuki Shibata, DC, Director of Spinal Care Yoga, chaired the conference, which emphasized

the importance of a collaborative approach to healthcare.

Japan’s super-aging society has led to significant regional disparities in healthcare services, placing an increasing burden on national healthcare insurance premiums for younger generations.

To address these challenges, reforming the national healthcare system is essential, particularly by promoting preventive healthcare initiatives and controlling excessive medical expenses.

The conference featured speakers who focused on community healthcare,



Dr Hiromi Saito (MC) and Dr Yasuyuki Shibata (Chair of the 2024 Conference)

Empowering care: insights from the JSCS annual conference on people-centered health

advocating for a shift from "disease-centered care" to "people-centered care" that actively involves local communities. For chiropractors to effectively contribute to this model, they must communicate in a language that other healthcare professionals understand.

Keynote speakers included:

- **Prof. Manabu Ito**, MD, PhD, Director of the National Hospital Organization Hokkaido Medical Center, who discussed "Global Medical Collaboration in the Field of Spinal Diseases through SPINE20."
- **Dr Junichiro Toya**, MD, MS, Director of Sakura-shimmachi Urban Clinic, who addressed "Current Situation and Challenges of Community Medicine in a Super-Aging Society: Expectations for Chiropractic."
- **Dr Yoshihiko Shiraishi**, MD, Director of the Center for General Practitioners at Shimane University Hospital, who presented "Practice in Oki and Training of General Practitioners."
- **Prof. Noriko Iba**, Associate Professor of PCC Development and Nursing Informatics at St. Luke's University International, who spoke on "Toward the Realization of People-Centered Care."
- **Mr. Tomohisa Shiono**, a litigation specialist with the Ministry of Health, Labor and Welfare, who presented on "Medical Related Laws and Regional Medical Care Concepts."

Dr Shiraishi highlighted the importance of training general practitioners in community medicine, particularly in remote island settings. Meanwhile, Dr Toya emphasized the need for non-drug approaches to maintain physical function and prevent frailty among the elderly, allowing them to enjoy a fulfilling lifestyle. Prof. Iba defined

People-Centered Care as a collaborative effort between communities and healthcare professionals, stressing that the focus should be on the community as a whole rather than merely individual patients.

The conference also included insights from three Japanese chiropractors practicing in the United States, featuring a panel discussion moderated by Dr Tomohiko Wakatsuki, a board member of the Japan Association of Chiropractic (JAC). The panelists included:

- **Dr Mika Ishitani**, DC, Director of Ishitani Health Center, discussing "Talking About Patient-Centered Care."
- **Dr Hiromichi Nakano**, DC, Director of TAI Sports Medicine and Chiropractic, who presented on "Community Healthcare from Olympic Level Team Medicine."
- **Dr Yojiro Sudo**, DC, a chiropractor in private practice in California, who shared insights on "Implementing Person-Centered Care into Clinical Practice."

Dr Nakano explained that effective community healthcare relies on building trust among various healthcare professionals. He highlighted the collaborative care model used by TEAM USA for Olympic athletes, which he considers an ideal approach for multidisciplinary practice.

Dr Shimon Takayanagi, president of JAC, praised the conference, stating, "The presentations were highly informative, and I believe all participants will be able to apply this knowledge in their clinical practice immediately.

"Next year's theme will focus on Quality Improvement in Healthcare and Patient Safety in response to the WHO's Patient Safety Day campaign, and we will invite keynote speakers who are experts in patient safety culture."

World Spine Care making headway with integrated care in Southern Africa

Chiropractors volunteering with World Spine Care are hitting a stride in providing accessible, affordable care to the underserved communities in Botswana and blazing a trail for other chiropractors in the region.

Led by Clinic Coordinator, Dr Mufudzi Chihambakwe, two Clinic Supervisors are now delivering care through three clinics. Dr Chihambakwe provides care in the Broadhurst 3



Mufudzi Chihambakwe, Joan Haldeman, Onkabetse Monthomme, Michael Pretorius, and Scott Haldeman stand outside the Moko clinic facilities set to open in late 2024.

clinic in the capital city, Gaborone. Dr Michael Pretorius splits his time between the Mahalapye District Hospital and the satellite clinic in the Shoshong village. He has decided to extend his stay in Botswana for another year thanks to support from the Bloch Family. These veterans were joined this past August by Dr Patrick Boylan, previously a faculty clinician at Logan University. As he awaits registration approval by the Botswana Health Professions Council, Dr Boylan is familiarizing himself with World Spine Care's clinical protocols and the local language, Setswana. Once approved, he will begin treating patients in the soon-to-be-opened Moko clinic.

Beyond providing direct care to patients with back and neck pain, World Spine Care volunteers work

with local healthcare authorities and providers to share how spinal disorders can be managed with conservative options, thereby decreasing the burden of disability on the healthcare system and communities.

In early September, Drs Chihambakwe and Pretorius presented at the Chiropractic Association of South Africa's annual congress in Durban to share how chiropractic integration works within Botswana hospitals. "Our work with World Spine Care in Botswana has positioned us to see firsthand what chiropractors have to offer to the public health care systems of the region," shared Dr Chihambakwe. "We spoke about the upcoming opportunities in South Africa for chiropractors to work in settings beyond private practice and the message resonated with many in the room who have been offering subsidized and not-for-fee care in various capacities."

Also in September, Drs Boylan, Pretorius, and Chihambakwe presented at the University of Botswana 9th Family Medicine Conference. The audience was mostly family medicine doctors and nurse practitioners learning about the Global Spine Care Initiative spine care triage tool. This triage tool is designed to be used by various practitioners and the audience of primary care providers was very receptive to the training and asked for continued education on the topic.

The World Spine Care clinics in Botswana are busy and thriving once again thanks to the dedication of these energetic volunteers. With the move into a new clinic space and spare bedrooms in the residence, we look forward to more chiropractors joining the mission to provide evidence-based, patient-centered care in underserved communities.

Those interested in volunteering for 3 months or more to apply on the WSC website (www.worldspinecare.org).

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New WCCS President Joshua Boudar aspires to expand global reach

Joshua Boudar, the new President of the World Congress of Chiropractic Students (WCCS), has a unique story and a clear vision for the future of the organization. This year, the WCCS aims to strengthen its network, expand its chapters, and foster a sense of community among chiropractic students globally.

Before embarking on his chiropractic journey, Boudar worked as a massage therapist in Denver, Colorado, following in his mother's footsteps. "During my first year working as a massage therapist, I developed a relationship with a chiropractic office that changed the course of my career," he shared. This pivotal experience sparked a desire to expand his scope of practice, leading him to pursue chiropractic education.

Choosing Cleveland University in Kansas City was a practical decision for Boudar. "It was one of the closest institutions for me to enroll in from where I was living in Denver," he explained.

"I wanted to visit my parents during trimester breaks, and a nearby school would make traveling home much easier. Cleveland University also has excellent board scores and competitive tuition costs, which I found attractive."

His involvement with WCCS began serendipitously when he met Dr Jamal Fruster, an alumnus of Life University, during his studies. Dr Fruster's positive experience with the organization at the annual general meeting in Johannesburg inspired Boudar.

With aspirations of obtaining dual citizenship in Italy and eventually opening a practice there, he recognized WCCS as a valuable network for chiropractic students globally.

"The WCCS pulled me in with opportunities to connect with other chiropractors around the world, hone my leadership skills, and represent



Joshua Boudar is the recently appointed president of the World Congress of Chiropractic Students (WCCS)

the chiropractic profession," he noted.

Boudar's journey within WCCS was swift. "In October 2021, I was introduced to the organization by Dr Fruster at a morning philosophy club meeting. I spent the next two years working to reactivate the WCCS chapter at Cleveland University," he shared.

This effort culminated in January 2024 when the chapter was officially reactivated. Shortly after, in July 2024, he attended his first annual general meeting in Veracruz, Mexico, where he was

New WCCS President Joshua Boudar aspires to expand global reach

elected as President of the Board of Directors.

As President, Boudar has ambitious goals. "I hope to encourage more new chapters to join the WCCS and reactivate old chapters that have become disconnected," he stated.

"Creating value within WCCS for students and alumni is crucial to ensure they continue to engage with the organization for years to come."

The organization's aspirations are equally lofty. Boudar envisions seeing 2-3 new chapters established at the upcoming annual general meeting in Denmark and aims to have 50 student delegates representing existing chapters.

Long-term plans include public education campaigns through initiatives like the World Spine Day project, journal publications, and increased visibility at international conferences.

However, the WCCS is not without its challenges. "One of the biggest hurdles we face is our geographical diversity," he noted.

"Meeting in person often requires significant time and financial investment. Additionally, ensuring that presentations are relevant to our global audience can be complex, especially when local political climates vary significantly." As his presidency unfolds, Boudar remains optimistic. "I look forward to my role as the president of the WCCS," he affirmed.

Closing with a quote from B.J. Palmer, he reflected, "We never know how far-reaching something we may think, say, or do today will affect the lives of millions tomorrow." This ethos embodies his commitment to empowering chiropractic students worldwide.

WCCS Board of Directors 2024

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Silver medalist Lucas Didier blazes trail from Paralympic Games to chiropractic studies

At just 21, Lucas Didier has clinched a silver medal in table tennis at the 2024 Paris Paralympic Games, marking him as one of the brightest talents in French para table tennis. His achievement is all the more remarkable as he balances his athletic ambitions with rigorous academic studies. Soon after the Games, Didier will resume his studies at the Institut Franco-Européen de Chiropraxie (IFEC) in Toulouse, where he is in his third year of chiropractic school.

Didier's dedication, both on the court and in the classroom, speaks volumes. In September, he

court. His pursuit of chiropractic is personal: driven by a desire to understand and care for his own body, which faces challenges from his clubfoot and lower-limb amyotrophy, Didier aims to acquire treatment skills that could benefit himself and other athletes, able-bodied or disabled.

IFEC has fully supported Didier's dual ambitions. With a tailored academic program, the institution provides special accommodations, allowing him to keep up with his studies while traveling for competitions. He can complete assessments



Lucas Didier is a symbol of inspiration for athletes and students

clinched a spot in the Paralympic finals after a thrilling face-off with Ma Lin, the world's second-ranked player in his category. Although he ultimately lost 3-0 in the final to Belgian Laurens Devos, the reigning world number one and two-time Olympic champion, Didier left the court with pride, the silver medal a testament to his grit. His qualification for the Games, secured in the final moments of the qualifying tournament, makes his achievement even more compelling.

Balancing the demands of high-level sports with a full academic schedule, Didier brings the same discipline to his studies that he applies on the



Lucas Didier (L) winning silver in Paris

remotely and receives justified absences for classwork missed due to his sports commitments. Going a step further, IFEC has also sponsored Didier, helping to offset the costs of his extensive travel.

Didier's journey stands as a model of excellence and resilience. His achievements highlight the power of determination and serve as an inspiration well beyond the realm of table tennis. As he continues to excel both in sports and in chiropractic, Didier remains a symbol of inspiration for athletes and students alike.

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FLAQ hosts successful 3rd Latin American congress in Peru

The Latin American Chiropractic Federation (FLAQ), in collaboration with the Association of Chiropractors of Peru (AQP), hosted the 3rd Latin American Chiropractic Congress from August 15 to 17, 2024, at the José Antonio Deluxe Hotel in Lima, Peru.

The congress attracted over fifty chiropractors from across the region, representing countries including Mexico, Guatemala, Costa Rica, Colombia, Ecuador, Brazil, Chile, Argentina, and the United States.

The event kicked off on Thursday with a pre-congress session featuring the Logan technique, led by Dr Iury Rocha. The main congress took place on Friday and Saturday, focusing on the three pillars of chiropractic: philosophy, science, and art. Attendees participated in various workshops, enhancing the dynamic and practical nature of the congress.

“The greatest satisfaction from the event was

witnessing the interaction and collaboration among chiropractors in the region,” said a FLAQ spokesperson.

“Such engagement inspires personal practice and strengthens the chiropractic profession.”

On August 16, FLAQ held its annual meeting at the same venue, utilizing a hybrid format to accommodate both in-person and virtual participation from association members.

During the assembly, President Dr Juliana Piva presented the annual work report, highlighting the achievements of the organization over the past year. Each commission, including Continued Education, Sports, and Student Representation, detailed their initiatives and goals for the upcoming year.

A significant portion of the meeting involved representatives from each country discussing the current situation and needs within their chiropractic communities. This exchange fostered



Over 50 chiropractors gathered at the III Latin American Chiropractic Congress FLAQ 2024, Lima, Perú.

FLAQ hosts successful 3rd Latin American congress in Peru

collaboration and shared experiences, enriching the dialogue among members.

Elections were held to select a new executive board, resulting in the following appointments:

- **President:** Gabriela Flores, Guatemala
- **Vice President:** Adrian Bizzarri, Argentina
- **First Secretary:** Rosa Jiménez, Mexico
- **Second Secretary:** Joao Seixas, Brazil
- **Treasurer:** Rodrigo Avendaño, Chile

In recognition of their dedication to the chiropractic profession, two chiropractors were honored: Dr Felipe Castro-Mendivil from Peru and Dr Victor Youcha from the United States, who resides and practices in Mexico.

Looking ahead, the next FLAQ assembly is set to take place in Santiago, Chile, in 2025.

Additionally, the IX Brazilian Chiropractic Congress will be held from November 13 to 16, 2024, in Balneário Camboriú, Brazil, organized by the Brazilian Chiropractic Association (ABQ).

The recent congress and annual meeting highlighted the importance of collaboration and knowledge-sharing within the Latin American chiropractic community, paving the way for future growth and development in the profession.



National association leaders gather at the FLAQ annual meeting



Dr Victor Youcha (center) receiving the chiropractor of the year award from FLAQ President Dr Gabriela Flores



**KEYNOTE:
DR. ANTONIO STECCO**

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FICS announces learning opportunities with two sports symposia

The International Federation of Sports Chiropractic (FICS) is excited to announce that registrations are now open for two highly anticipated Sports Chiropractic Symposia, designed to bring together the latest educational research and insights from leading experts in the field.

The first event, the 2024 Virtual Global Symposium, will take place online on December 7, 2024, focusing on the theme of Sports Chiropractic Advancements.

This virtual event promises to be a rich learning experience, featuring 11 esteemed speakers, including Dr Greg Rose, Dr Terry Yochum, Dr Alicia Yochum, Professor Richard Brown, and Dr Corey Cunningham. They will deliver keynotes and participate in panel discussions that challenge conventional chiropractic thinking and enhance practitioners' skills in helping athletes and physically active patients achieve optimal performance naturally.

Participants will have access to recorded sessions post-symposium, ensuring they can revisit valuable insights at their convenience.

The event has received pre-approval for continuing education credits in both the USA and Europe. Those interested can find the full agenda and register at <https://fics.sport/2024-virtual-global-symposium/>

Following the virtual event, the FICS 2025 Global Symposium will convene in person at the prestigious Sunway Resort in Kuala Lumpur,

Malaysia, from March 15 to 16, 2025.

This gathering will feature keynote speaker Dr Antonio Stecco, who will present a series of talks on the Role of Fascia in Musculoskeletal Disorders.

Attendees can look forward to hands-on workshops focusing on the upper and lower extremities, providing a unique opportunity to learn from one of the field's leading experts.

Dr Stecco's podium presentations will lay the groundwork for the hands-on workshops by reviewing the anatomy and clinical assessment of fascia, highlighting its role in proprioception and the pathophysiology of myofascial pain syndrome. Participants will gain valuable insights into the therapeutic advantages offered by the plasticity and malleability of fascia.

This is an exceptional opportunity for chiropractors and other healthcare professionals to enhance their practical skills and knowledge.

Registration for the Malaysian Symposium is available at <https://bit.ly/3C69tla>. In conjunction with the Malaysian Symposium, FICS will also host its annual gathering of global leaders and presidents of National Chiropractic Sports Councils (NCSC) in the days leading up to the event.

Don't miss out on these enriching educational opportunities that aim to elevate the practice of sports chiropractic worldwide. Register now and be part of these groundbreaking symposia.



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Spine Health Africa welcomes new Board members

Founded in 2017 by two dedicated Zimbabwean chiropractors, Dr Kudzai Zvenyika and Dr Mufudzi Chihambakwe, Spine Health Africa (SHA) is a non-profit organization committed to serving underserved communities across Africa. Since its inception, the duo has led multidisciplinary teams on multiple outreach missions to Harare, focusing on improving spine health and musculoskeletal care.

As SHA continues to grow, a new board was established in June 2024, introducing fresh leadership and perspectives. The board welcomes Dr Keiron Boosi, a chiropractor based in Durban, South Africa, who serves as secretary, and Ms. Rani Nalam, a finance executive from New Zealand, who takes on the role of treasurer. Their expertise brings vital organizational energy to SHA, enhancing its capacity to effect change.

One of the primary goals of the new board is to establish greater sustainability for the organization. This includes developing robust fundraising initiatives aimed at supporting both outreach programs and long-term interventions in regions like Gutu, Zimbabwe. To this end, SHA is introducing various tailored sponsorship packages.

Looking ahead, SHA is currently planning its next outreach to Gutu, Zimbabwe, scheduled for early April 2025. Chiropractors who have participated in past outreach efforts emphasize the urgent need for universal health care, particularly in the realm of musculoskeletal health. While chiropractic outreaches aim to educate communities on spine health, they often fall short of fully addressing the pervasive issue of spine care inequality.

The new board envisions a future where every African in need of musculoskeletal care can access it without financial burden. Their ongoing efforts are just the beginning of a larger movement to bridge the gap in spine care accessibility across the continent.



Rani Nalam is the new treasurer of Spine Health Africa



Kieron Boosi has been named secretary of Spine Health Africa

Bursting out of the bubble: Italian chiropractor chairs and presents at FIFA-sponsored event

Chiropractic's role in health is increasingly being recognized, sparking curiosity across various fields. However, in countries lacking official registers or university programs for chiropractic, practitioners are often absent from scientific events. This exclusion is exacerbated by the dominance of other healthcare professionals, which limits chiropractors' participation in multidisciplinary forums. Additionally, many chiropractors tend to remain within the "chiropractic bubble," further isolating the profession from broader discussions.

Despite these challenges, chiropractic continues to be a topic of interest at scientific events, although it can be misunderstood or "appropriated" when chiropractors are not involved. To prevent this, it is crucial for chiropractors to engage whenever opportunities arise.

Luisanna Ciuti, a chiropractor working in a sports medicine clinic, was appointed to the faculty of the Isokinetic Football Medicine Conference, the largest football medicine congress in the world, held in London and Madrid. Ciuti was selected to chair the women's football poster session.

The conference emphasized the role of the nervous system in injury mechanisms and prevention—concepts that chiropractic has championed since its inception. Ciuti attended a presentation by Professor John Downes from Life University, who provided a chiropractic perspective on this topic. This conference served as an excellent platform for chiropractors to showcase their professional competence as scientific pioneers and leaders in the field.

Chiropractors can also contribute to discussions at multidisciplinary conferences by submitting abstracts for consideration. In October 2024, Ciuti will attend the International Association of Dance Medicine and Science Conference in Rimini, Italy, for the second time. She will present a case study



Luisanna Ciuti presenting her research at the IADMS conference



Isokinetic Football Medicine 2024, Madrid, Spain

Bursting out of the bubble: Italian chiropractor chairs and presents at FIFA-sponsored event

on the multidisciplinary approach to return-to-dance, illustrating how chiropractic can work synergistically with other healthcare professionals to enhance the body's healing capacities.

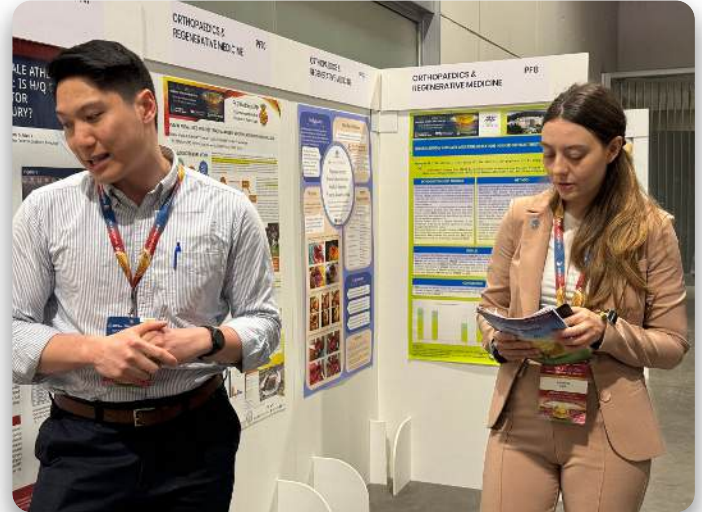
While access to conferences has improved, Ciuti notes that few chiropractors are presenting abstracts, and the profession does not publicize its scientific achievements in multidisciplinary settings as frequently as it does at chiropractic-specific conventions.

In March and April 2024, Ciuti was invited to lecture at the esteemed Humanitas University in Milan at their "Spine Lab," a medical ECM course focused on radicular and neuropathic pain. These discussions revealed a growing respect among younger medical professionals for chiropractic care.

This October, Ciuti will also lecture at another major event, "AlgoTalk," on spine pain in Turin. She observes that many people do not understand chiropractic as a primary healthcare profession, often misinterpreting it as merely a "technique." Chiropractors have a responsibility to educate other healthcare professionals, particularly those committed to their patients' best interests, about the true nature of chiropractic amidst widespread misconceptions.

At times, Ciuti has faced criticism for attending medical events that focus on terms like "treatment" and "pain." However, she believes that avoiding these discussions will only worsen the situation, creating a vacuum that will inevitably be filled- just not by chiropractors.

Ciuti encourages her fellow chiropractors to actively participate in these events: "Attend, chair, and share!"



Luisanna Ciuti chaired a special session on women's football



Over 3000 participants attended the Madrid event.



Demonstration at the 2024 Isokinetic Football Medicine Conference, Madrid, Spain

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Change of course lead for Teesside chiropractic program

After leading Teesside University's chiropractic program through its development and the graduation of its inaugural cohort, Daniel Moore is stepping down as Course Lead, marking a milestone in the program's journey. Effective for the 2024/25 academic year, Faye Deane, a key contributor since the program's start and a member of the World Federation of Chiropractic's Public Health Committee, will take on the role.

Dr Deane has led academic placements and interdisciplinary clinical experiences, essential to the program's success, and brings substantial leadership experience as co-chair of education for the Federation of International Chiropractic Sport and a Board member of the British Chiropractic Association.

Dr Moore praised Teesside's collaborative team environment and expressed confidence in Dr Deane's leadership: "We have always worked closely to achieve the best outcomes and will continue to do so for the next four years."



Daniel Moore (L) and Faye Deane



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Pittsburgh program gathers momentum

More than 35 million Americans visit chiropractors annually, often finding relief from back and neck pain, improved physical activity, and reduced reliance on opioids, according to the American Chiropractic Association.

Now, a new Doctor of Chiropractic (DC) program at the University of Pittsburgh's School of Health and Rehabilitation Sciences (SHRS) offers aspiring chiropractors the chance to train in a research-driven, multidisciplinary environment.

This program, based in the Department of Community Health Services and Rehabilitation Science, allows students to begin hands-on patient care in their first semester.

"The new program will support capacity building



Adjunct Faculty Kevin S. Mathers, Program Director Michael Schneider and Adjunct Faculty Frank Imbarlina

for clinicians rigorously trained in evidence-based treatments, which is much needed for spine and musculoskeletal conditions," says Gwendolyn Sowa, chair of the Department of Physical Medicine and Rehabilitation.

Program director Michael Schneider, a professor who began developing this program a decade ago, shares that the curriculum emphasizes spine and musculoskeletal care and uses a biopsychosocial model, with diagnostic and communication skills



Adjunct Faculty Kevin S. Mathers demonstrates a hands-on method for stretching the hamstring muscle

courses taught by a diverse healthcare team of chiropractors, medical doctors, physical therapists, and other practitioners.

"Statistics show that about half of people with back pain seek chiropractic care, second only to their primary care physician," says SHRS Dean Anthony Delitto. "This tells us that the consumer is choosing to elevate chiropractic care in the healthcare landscape."

In an ongoing partnership with SHRS, physical therapists and chiropractors have collaborated in initiatives like the Primary Spine Practitioner Certificate, a program training both professions to diagnose and manage spine-related conditions.

According to Schneider, the program's integrated approach signifies a shift from seeing chiropractic care as an "alternative" to recognizing it as part of mainstream patient care.

"Pitt is well-positioned to educate a new generation of chiropractors at the leading edge of science for spine and musculoskeletal disorders," adds Delitto.

The DC program also benefits from partnerships with UPMC hospitals and the Veterans Affairs Pittsburgh Healthcare System (VAPHS), where chiropractic students will treat veterans with

Pittsburgh program gathers momentum

unique needs resulting from military service. “Veterans present with distinct chiropractic needs from their military experiences- carrying heavy gear, spending time in confined spaces, wearing body armor- and often have complex conditions such as PTSD, traumatic brain injuries, and musculoskeletal deconditioning,” explains Shelley Kay Nulph, public relations manager at VAPHS. Through clinical placements at VAPHS, students will gain experience addressing these distinctive needs.

Drs Mathers and Schneider plan to establish a chiropractic residency at VAPHS, providing DC students with advanced training opportunities.

“A nationally funded residency program would increase the amount of valuable chiropractic services we could offer our veteran patients,” adds Nulph.

The first cohort is expected to begin in fall 2025. Dr Schneider anticipates a selective process aimed at attracting students who are committed to evidence-based practice and leadership in chiropractic care.



Adjunct Faculty Frank Imbarlina demonstrates a method of examining the joints and muscles of the neck

Logan graduates first pediatrics Masters class

Seven chiropractors - pictured below - recently made history as the first graduating class from Logan University's Master of Science in Chiropractic Pediatrics program, the first master's degree of its kind in the U.S. and the only chiropractic-specific pediatrics master's worldwide.



The inaugural graduating Masters pediatrics graduates of 2024

“It was incredibly moving to see this program - this dream - come to fruition as our first graduating class crossed the stage,” said Elise Hewitt, the founding program director. “I am proud of our graduates and excited to watch these talented doctors use their new pediatric expertise to improve children’s health in their communities.”

The evidence-based curriculum, designed by highly skilled faculty, covers pediatric anatomy and physiology, techniques, management of common and uncommon health conditions, nutrition, and sports injuries.

“The program has a quality that cannot be found anywhere else,” said Dr García-Díaz from Mexico City. “All the teachers give 100 percent, and the program’s quality was incredible, despite being primarily online.”

The two-year, part-time program is open to individuals with a Doctor of Chiropractic (DC) degree or its international equivalent, as well as chiropractic students with advanced standing.

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AECC School of Chiropractic expands with new London base

The AECC School of Chiropractic, now part of Health Sciences University (HSU), recently announced a new base in London, with chiropractic being taught at the University's new Central London campus from January 2025.

The MSc Chiropractic (pre-registration) course will launch in London in January and will be followed by further chiropractic courses later in the year.

Vice-Chancellor at Health Sciences University, Professor Lesley Haig states: "Having a base like this and a home for chiropractic in London has long been an aspiration of the profession and it is fantastic to see this come to fruition. This additional campus complements our longstanding home in Bournemouth and is a real boost for chiropractic."



The AECC School of Chiropractic's London program will launch in January 2025.

Associate Professor in the AECC School of Chiropractic, Philip Dewhurst, added: "We believe this additional campus aids the growth of chiropractic in UK and international markets by giving more people access to chiropractic training. These are the same highly regarded degree courses that we are currently offering in Bournemouth and will be taught by our experienced educators and practitioners. We will look to develop an additional staffing base for the London campus over the coming year.

"This is a proud moment for the AECC School of Chiropractic, building on our impressive

chiropractic heritage. In the longer term, we will look to enable our students to move between our campuses, giving them valuable exposure to different population demographics that they might not otherwise have the opportunity to encounter.

"As part of Health Sciences University, we are also able to offer students opportunities to work inter-professionally. This is key to the growth and future of the chiropractic profession, as outlined in the World Federation of Chiropractic's EPIC Principles, and vital to our students' development as clinicians."

Earlier this year, the AECC School of Chiropractic was delighted to announce that its MSc Chiropractic (pre-registration) was the first Chiropractic course to meet the new Education Standards recently introduced by the General Chiropractic Council.

WFC Secretary-General Richard Brown, a Visiting Professor at HSU, commented: "The launch of the campus in central London represents a very exciting development for HSU. As one of the world's most diverse cities, London provides a great opportunity to attract a chiropractic student cohort whose graduates will reflect the patients and communities they serve.

"For HSU, a second campus delivering chiropractic education will provide options and enrich the student learning experience, with exposure to populations with demographics and health circumstances that are quite different to those in coastal environments. I look forward to seeing HSU's London campus thrive at a time where the UK government has identified musculoskeletal disorders as a significant national burden requiring suitably qualified health personnel to deliver sustainable solutions."

For more information: hsu.ac.uk/chiropractic

Parker University appoints Andrew Galpin as Executive Director of new Human Performance Center

Parker University proudly announces the appointment of Dr Andy Galpin, a leading authority in human performance, as Executive Director of its new Human Performance Center (HPC).

Currently under construction, this cutting-edge, 64,000-square-foot facility on Parker's Dallas campus sets a new standard in human performance research and education.

Dr Galpin joins Parker University from California State University, Fullerton, where he served as Professor and Director of the Center for Sport Performance.

With over two decades of experience, Dr Galpin is recognized for his innovative work in optimizing human physiology and contributions to sports science, exercise physiology, and strength and conditioning. His research is widely published, and he is a sought-after consultant for elite athletes and sports organizations globally.

In his role at Parker, Dr Galpin will lead the HPC in redefining human performance, supported by insights from top human performance centers worldwide, including the U.S. Olympic Training Center, UFC, and NASA.

Distinct from Parker's existing Parker Performance



Dr Andy Galpin has been appointed as Executive Director of Parker University's new Human Performance Center

Parker University appoints Andrew Galpin as Executive Director of new Human Performance Center

Institute at the Dallas Cowboys' Star complex, the HPC will focus on advanced research in neuromuscular function, metabolic health, and recovery sciences.

"We are thrilled to welcome Dr Galpin," said Dr William E. Morgan, President of Parker University. "His expertise aligns with our commitment to excellence in human performance, and under his leadership, the HPC will drive transformative research and practical solutions for optimizing health and performance."

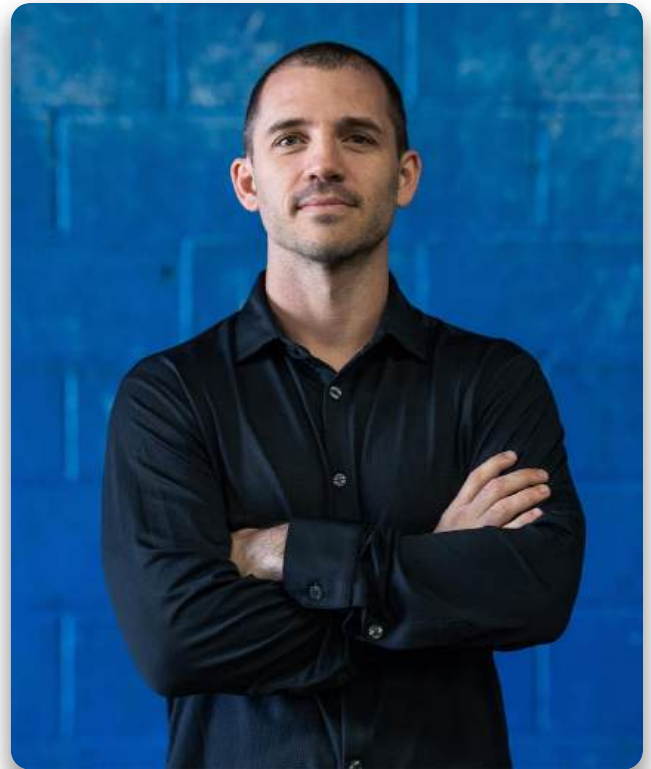
The HPC will also feature a 20,000-square-foot visitor center dedicated to community engagement, providing interactive educational experiences for students, educators, and the public to explore human adaptability and performance.

As a leader in healthcare education growth and advancement, Parker University continues to expand its curriculum to meet the evolving needs of health and wellness industries.



The new 64,000 square foot campus will sit on Parker University's Dallas campus.

In addition to its renowned chiropractic program, Parker now offers programs in Strength and Human Performance, Sports Psychology, Nutrition, Public Health, and Clinical Research. This comprehensive approach reinforces Parker's mission to advance human capacity and empowers students to thrive in specialized areas of healthcare.



Dr Galpin brings over two decades of expertise in the area of human performance

"I am honored to lead the Human Performance Center," said Dr Galpin. "This is an exciting opportunity to work with a team committed to making a meaningful impact on health and performance."

With Dr Galpin's leadership, Parker University's HPC is set to become a global hub for human performance research, education, and community outreach, inspiring the next generation to achieve their highest potential.



IFEC Paris to launch bilingual program in 2025

The Institut Franco-Européen de Chiropraxie (IFEC) is set to launch a bilingual English-French chiropractic program for the 2025-2026 academic year, marking a significant addition to its educational offerings.



IFEC's new program is offered in both French and English

Developed in partnership with the Belgian and Dutch Chiropractors' Associations (BCU and NCA), this innovative 5- or 6-year program combines academic rigor with hands-on clinical experience to prepare students for dynamic careers in chiropractic.

This new program offers aspiring chiropractors a comprehensive curriculum, beginning with three years of courses primarily taught in English, including French language classes to support students in preparing for clinical internships and advanced coursework in French.

By the fourth year, the curriculum shifts predominantly to French, with students undertaking a 15-month clinical internship at either IFEC's Paris clinic or a student clinic in Ghent, Belgium.

A standout feature of the program is the option for a dual-degree track. By extending their studies to six years, students can graduate with both an IFEC Degree in Chiropractic and a Master of Science in Interprofessional Spine Care from the

University of Brussels, or a Master of Science in Physical Activity, Exercise, and Health from the University of Paris-Saclay. This dual-degree pathway offers graduates a broad scope in chiropractic and healthcare, opening diverse professional opportunities.

Accredited by the European Council on Chiropractic Education (ECCE) and recognized by the French Ministry of Health, IFEC ensures a robust training foundation, encompassing 5,000 instructional hours, 300 ECTS credits, and practical clinical internships, preparing graduates to practice across Europe and globally, pending local regulations.

Admissions open in December 2024. Applicants must have a high school diploma and demonstrate proficiency in English, with remote assessments available to evaluate candidates.



The program at IFEC is accredited by the European Council on Chiropractic Education and the French Ministry of Health.

Further details are available at www.ifec.net/bilingualprogramme, or contact IFEC directly at contact@ifec.net.



Logan University welcomes new director of health centers

Logan University is excited to welcome Mayda Serrano-Alvira, DC, MEd as the new Director of Logan University Health Centers.

Dr Serrano-Alvira brings nearly 15 years of chiropractic experience to Logan. As director, she will be responsible for overseeing the daily operations of the Health Centers and will work collaboratively with clinical educators and staff members to ensure a student-focused clinical training experience, quality patient care, and appropriate business practices, consistent with programmatic and institutional goals.

"I am deeply honored to step into the role of Director of Health Centers at Logan University," Dr Serrano-Alvira said.

"The work we do here not only shapes the future of chiropractic but also profoundly impacts our patients' lives.

"I look forward to working collaboratively with our exceptional team of clinical doctors to refocus on our vision, delivering evidence-informed, patient-centered care within a whole health education system.

"Together, we will foster an environment where learning, healing, and growth thrive, and achieve remarkable accomplishments."

Dr Serrano-Alvira is fluent in English and Spanish and highly proficient in Portuguese. She received her Master's in Secondary Education (M.Ed) in 2003 from the University of Phoenix and her Doctor of Chiropractic (DC) degree in 2009 from Parker University.

She is currently working towards her Doctor of Education (Ed.D.) in Educational Leadership from the University of Phoenix.

Dr Serrano-Alvira comes to Logan from the Universidad Central del Caribe's School of Chiropractic, where she served as the Director of Clinical Affairs and as an assistant professor.

She also served as the President and CEO of *ChiroSystems PSC*. and owned four clinics in the western region of Puerto Rico.

Dr Serrano-Alvira is currently the Latin America



Dr Mayda Serrano-Alvira

Representative on the World Federation of Chiropractic's Public Health Committee and sits as Treasurer on the Council on Chiropractic Education-Latin America's Board of Directors.

**LOGAN
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LEADERS *Made*

Logan student accepted into prestigious research fellowship

This fall, Dr. Ryan Fischer will make history as the first Doctor of Chiropractic (DC) to join an academic primary care fellowship at the prestigious Boston University School of Medicine. This groundbreaking opportunity marks a significant milestone, not only for Dr Fischer but also for the chiropractic profession as a whole.

The Ohio native, who graduated in August, learned about this opportunity through his involvement with Logan's chapter of the Student American Chiropractic Association (SACA), where he served as Vice President and Legislative Representative.

"When I came to Logan, my mindset was that I wanted to explore as many opportunities as possible and have no regrets," he said.

For Dr Fischer, chiropractic is a second career.

After earning a Doctor of Pharmacy degree and working as a pharmacist, he sought a more hands-on role focused on patient solutions. "I was familiar with chiropractic, having been a patient from a young age, so I knew the benefits I had seen in my own life," he said.

At Logan, Dr Kristina Petrocco-Napuli, Associate Provost and Dean for the College of Chiropractic, became a significant mentor.

"She opened the door and started my interest in postgraduate training," he noted.

At the annual ACA Engage Conference, Dr Fischer met Dr Eric Roseen, DC, PhD, from Boston Medical Center, and learned about the fellowship, which involves supporting clinicians with NIH-funded research grants while learning research methodologies and statistical analysis.

This fellowship is not specific to chiropractic practice; Dr Fischer will collaborate with other medical providers training to become academic and research-focused physicians. This interdisciplinary environment will allow him to gain diverse perspectives and insights from different healthcare fields, enhancing his understanding of integrated patient care. By engaging with professionals from various disciplines

"I am definitely excited to be able to take the next step and push further for the chiropractic profession," he said.

The fellowship includes independent research, clinical responsibilities at Boston Medical Center, and coursework leading to a Master of Epidemiology from Boston University School of Public Health. Dr Fischer envisions working in



Dr Ryan Fischer

academia at a leading institution, contributing to integrated care roles for chiropractors within health care systems.

"I'd love to work to help our profession grow and become a more established part of medical teams," he stated, emphasizing the importance of critical thinking skills cultivated at Logan.

Teesside University champions chiropractic collaboration with first international public health research internship

An International Global Public Health Student Visit took place from June 25 to July 23, 2024, in Santiago, Chile, as part of a collaboration between Teesside University (UK) and Universidad del Desarrollo (Chile).



Students at the Universidad del Desarrollo (Chile)

Three Teesside students - Clea Reid, Amber Hodgson, and Laura Reardon - were hosted by the Centre for Global Intercultural Health (CeSGI) at UDD. The program focused on intercultural health and public health disparities in Santiago.

This partnership is rooted in the professional relationship between Faye Deane, Senior Lecturer at Teesside University, and Professor Báltica Cabieses, which began when Deane studied for her Master of Public Health at the University of York in 2012.

Their collaboration has evolved to foster international learning and research opportunities for students, emphasizing public health's increasing relevance within the chiropractic profession.

During their visit, students conducted desk research on Chile's health challenges, guided by an initial reading list, and focused on specific areas to

develop research commentaries. They visited diverse healthcare institutions, including Clínica Alemana Santiago and public centers serving vulnerable populations, gaining insights into the contrasts between private, public, and indigenous healthcare practices.

Interviews with specialists like Dr Manuel Espinoza and social anthropologist Alejandra Carreño enriched their understanding. The visit culminated in commentaries submitted to *Confluencia*, a scientific journal from UDD, covering topics such as health initiatives for low-income youth and patient-centered approaches to chronic pain.

This program enhanced the students' understanding of global public health and highlighted the importance of international collaboration in academic and professional development. By engaging with diverse healthcare



Students visited diverse locations during their visit to Chile

systems and practitioners, the experience showcased Teesside University and Universidad del Desarrollo's commitment to global health education and emphasized the critical role that cross-cultural partnerships play in addressing pressing health challenges around the world.

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ANNUAL GIVING PROGRAM

Towards uniformity: global initiative seeks to standardize chiropractic curriculum worldwide

A team of researchers from the Chiropractic Academy for Research Leadership (CARL) II cohort has launched a project to establish minimum competency standards for chiropractic education worldwide.

Project Motivation

Dr Hazel Jenkins of Macquarie University in Australia, a leading researcher on the team, previously led a project to set curriculum standards for low back pain education for future healthcare providers.

This initiative resulted in a comprehensive list of essential knowledge and competency items needed for effective low back pain care. Building on this work, Dr Jenkins and the CARL research team now seek to develop similar standards for chiropractic education to enhance the quality and consistency of chiropractic training across different regions and institutions.

Globally, the chiropractic profession exhibits wide variation, with no universally defined or regulated scope of practice, and differences in educational content and focus across programs.

Currently, accreditation standards offer only broad guidelines, allowing considerable variation in the specific knowledge and competencies taught. For instance, while accreditation standards may require graduates to deliver safe and effective interventions, they often lack specific guidance on the types of interventions needed to meet competency requirements.

The goal of the CARL team's project is to create clear, consistent educational standards that detail essential knowledge and skills, ensuring that chiropractic graduates are adequately prepared for safe, effective practice worldwide.

Intended Impact of the Standards

The competency standards being developed will serve as a foundational benchmark for chiropractic programs, specifying the essential competencies students must attain before graduating.

These standards can guide the design of new chiropractic programs or be used as benchmarks to assess existing ones. While the minimum standards will ensure baseline competency, additional competencies may be required to meet specific local or cultural needs or comply with particular accreditation criteria.

Accreditation bodies, policy-makers, and students will also be able to use these standards to gain a clear understanding of current expectations in chiropractic education.

Opportunities for Involvement

The research team invites participants to join a Delphi study to reach consensus on two key areas:

1. Content to be included in chiropractic curricula; and
2. Required competency levels for each content area.

The team welcomes individuals from diverse backgrounds and regions, with any level of chiropractic experience - clinicians, academics, researchers, policy-makers, and patients alike.

For more information or to participate, visit <https://red-cap.mq.edu.au/surveys/> and enter code 8JNE8X77A, or scan the QR code shown below.



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Logan University strengthens leadership team with three key promotions



Kristina Petrocco-Napuli DC, MS, DHPE

Logan University has promoted three leaders within its academic community.

Kristina Petrocco-Napuli has been appointed vice president of the College of Chiropractic, while April Taylor takes on the role of vice president of the College of Health Sciences and Student Affairs. Deshae Redden has been elevated to assistant vice president of operational excellence, planning, and learning.

“Dr Petrocco-Napuli, Dr Taylor, and Dr Redden have visions for academic and operational excellence that align with Logan’s mission to cultivate a dynamic learning environment and advance our position as a whole healthcare provider,” stated Logan University President Clay McDonald.

“We congratulate them on their well-deserved promotions and look forward to their continued leadership and contributions to our university.”

Dr Kristina Petrocco-Napuli: Vice President of the College of Chiropractic

Dr Petrocco-Napuli has been an integral part of Logan’s academic community, showcasing outstanding leadership in curriculum development and faculty engagement within the College of Chiropractic. In her new role, she will also oversee the operations of the Office of the Registrar.

Dr April Taylor: Vice President of the College of Health Sciences and Student Affairs

Dr Taylor has played a significant role in enhancing Logan’s reputation as a leading provider of health sciences education, particularly through online platforms. Additionally, she will oversee the Office of Student Affairs, which focuses on enhancing opportunities for student success at Logan.

Dr Deshae Redden: Assistant Vice President of Operational Excellence, Planning, and Learning

Dr Redden is crucial to Logan’s success, employing strategies, systems, and tools grounded in Continuous Quality Improvement (CQI). With the establishment of Logan’s Center for Learning and Leadership, Dr Redden will implement innovative programs designed to prepare students for meaningful contributions both within and outside the university.



April Taylor DBA, JD



Deshae Redden EdD, MA, PMP, CIC

IMU University hosts 2024 Chiropractic Study Tour



Students and faculty from IMU University visit TAGS Chiropractic and Rehabilitation

IMU University recently concluded the 2024 Chiropractic Study Tour, a landmark event that brought together students from CQUniversity (Australia) and Teesside University (United Kingdom) for a two- to four-week immersive learning experience in Malaysia.

Held from June 16 to July 13, 2024, this collaborative program exemplified the power of global collaboration in chiropractic education, offering participants a rich blend of academic, clinical, and cultural experiences.

The program was meticulously designed to provide students with a holistic learning environment, integrating clinical attachments, educational exchanges, and cultural immersion. Participants engaged in clinical shadowing at the

IMU Chiropractic Centre, where they observed real-world applications of chiropractic care. Additionally, they had the opportunity to apply their knowledge during hands-on practicums.

Students also visited key healthcare institutions, including TAGS Chiropractic and Rehabilitation, ALTY Orthopaedic Hospital, and Hospital Rehabilitasi Cheras.

At TAGS Chiropractic and Rehabilitation, they learned about the center's history, services, and

IMU University hosts 2024 Chiropractic Study Tour (continued)

dedication to providing exceptional chiropractic care.

The visit to ALTY Orthopaedic Hospital, a leading single-specialty facility, offered insights into the latest advancements in orthopedic services and cutting-edge medical technology.



IMU students at ALTY Orthopaedic Hospital

The exploration of Hospital Rehabilitasi Cheras, known as the "Hospital in a Garden", provided a unique perspective on sustainable healthcare practices and the hospital's innovative approach to Traditional and Complementary Medicine (T&CM).

The program also emphasized the importance of international collaboration in advancing chiropractic education. By fostering a global exchange of knowledge, students from different countries were able to share their experiences and broaden their perspectives on patient care.

The exchange was further enhanced by cultural activities that immersed students in Malaysia's vibrant heritage, from exploring Kuala Lumpur's iconic landmarks to experiencing the country's unique healthcare landscape.

Dr Yi Kai Wong, IMU Chiropractic Programme Director, emphasized the significance of the event, stating, "This event has truly exemplified

the spirit of global collaboration in chiropractic education. The exchange of knowledge and cultural experiences between our institutions is invaluable."

The impact of the program was echoed by the students themselves. A CQUniversity student described the experience as "Magnificent," "Unforgettable," and "Invaluable", while a Teesside University student called it "Collaborative" and "Transformative".

Dr Dawn Dane, CQUniversity Programme Lead, shared their perspective: "Our students have gained unique insights into the diverse approaches to chiropractic care, which will undoubtedly enrich their professional practice."

Dr Faye Deane, Teesside University Mobility Coordinator, added, "This program has opened doors for our students to experience chiropractic education in a new cultural context, enhancing their adaptability and global perspective."



IMU students at Hospital Rehabilitasi Cheras

IMU University's commitment to fostering international collaboration through initiatives like the Chiropractic Study Tour continues to position it as a leader in chiropractic education. This event has undoubtedly set a new benchmark for global learning experiences in the field, contributing to the advancement of chiropractic care worldwide.



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Texas Chiropractic College invests Sandra Hughes as 16th President

Texas Chiropractic College (TCC) marked a significant milestone on August 3 with the investiture of Sandra Hughes, DC, MEd, FICC, as the institution's 16th President.

The ceremony, held at the Dr Yasunori Iwama Education Center on TCC's Pasadena campus, symbolized the beginning of a new era for the college and highlighted its commitment to advancing chiropractic education.

Dr Hughes, a proud alumna of TCC, assumed her role as the first female president on September 1, 2023. Her appointment is particularly notable in a field where female leadership has been historically underrepresented.

Before taking on her presidential duties, she served as Executive Vice President since 2020, where she played a pivotal role in shaping the college's strategic direction.

Dr Hughes brings a wealth of experience to her new position. Her previous roles at TCC include Vice President of Administrative Services (2016-2020), Dean of Institutional Advancement (2014-2016), and Director of Admissions (2003-2009). Each of these positions has equipped her with a comprehensive understanding of the college's operations, from academic programming to student services.

Before returning to TCC in 2003, Dr Hughes operated her own chiropractic practice and taught science in El Paso, Texas, further enriching her perspective on both education and practical healthcare.

In her inaugural address, Dr Hughes expressed her enthusiasm for the opportunities ahead, saying, "Seeing the growth and success of our students has been the highlight of my inaugural year as President.

"As a proud TCC graduate, I've witnessed how our

world-class faculty and dedication to innovation prepare students for fulfilling careers in chiropractic care." Her remarks resonated with the audience, which included faculty, staff, students, and community members, all of whom share a vested interest in the college's future.



Dr Sandra Hughes is the 16th President of Texas Chiropractic College

During her tenure as Executive Vice President, Dr Hughes championed numerous initiatives aimed at enhancing the student experience and promoting academic success. Her collaborative approach has fostered stronger relationships between students, faculty, and alumni, which she considers instrumental in achieving her goals as President. "The support from our community has been invaluable," Dr Hughes noted. "We have an incredible network of alumni and partners who are deeply invested in the success of our students."

TEXAS

Chiropractic College

Texas Chiropractic College invests Sandra Hughes as 16th President

Looking ahead, Dr Hughes is committed to expanding TCC's programs and services to better serve the needs of its diverse student body. "As I enter my second year as the leader of Texas Chiropractic College, I am more committed than ever to creating opportunities that inspire and empower everyone TCC touches," she asserted. "As the educational landscape evolves, we will continuously improve to meet the needs of future students and patients,

fulfilling our mission of developing practice-ready Doctors of Chiropractic."

Under Dr Hughes's leadership, TCC is poised to embrace innovative approaches to education, research, and patient care. She aims to enhance the college's curriculum, integrate cutting-edge technology into the classroom, and strengthen partnerships with healthcare providers to ensure that TCC graduates are well-prepared to meet the demands of a rapidly

changing healthcare environment.

The investiture ceremony also featured speeches from faculty and community leaders who praised Dr Hughes's vision and commitment to excellence. As TCC moves forward under her leadership, the college is well-positioned to continue its legacy of producing highly skilled chiropractors dedicated to improving patient outcomes and contributing to the broader healthcare community.

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Teesside marks historic graduation of first chiropractic class



Teesside chiropractic students celebrate their graduation

Teesside University celebrated a historic milestone in the summer of 2024, as its first cohort of chiropractic students graduated, marking the culmination of a program launched during the challenges of the COVID-19 pandemic. This inaugural class, which began in September 2020, completed its studies amid disruptions and changes, showcasing resilience and commitment. On July 17, faculty and prominent chiropractic leaders gathered to honor the graduates' achievements. Key figures included Jonathon McShane, Chair of the General Chiropractic Council, and Ulrik Sandstrom, Vice President of the British Chiropractic Council, highlighting the

program's significance in the UK's educational landscape.

Teesside's graduation marks the fifth chiropractic program in the UK, joining London South Bank University, the University of South Wales, Health Sciences University, and McTimoney College of Chiropractic. This expansion comes at a crucial time as global demand for musculoskeletal care rises, with chiropractic increasingly recognized as essential in addressing these health needs. The success of Teesside's program reflects chiropractic's growing appeal and foreshadows a more diverse, adaptable future for the profession, ready to meet healthcare demands worldwide.



Chiropractic
Educators
Research
Forum

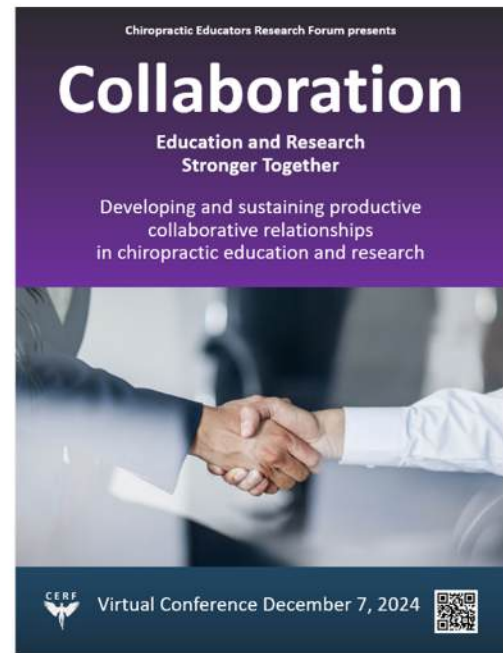
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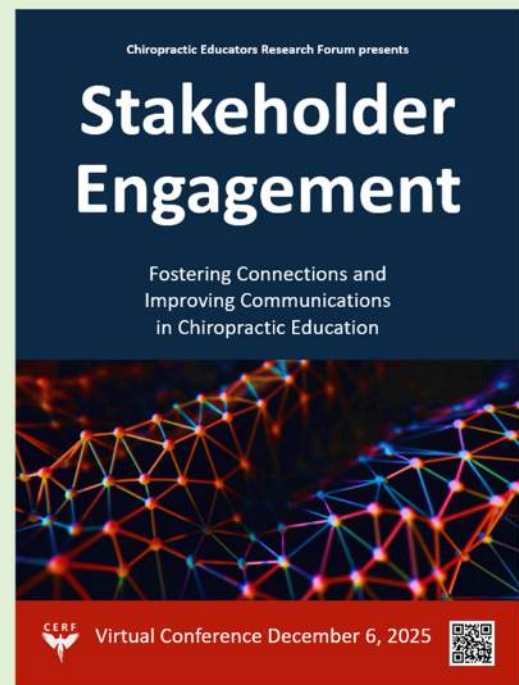
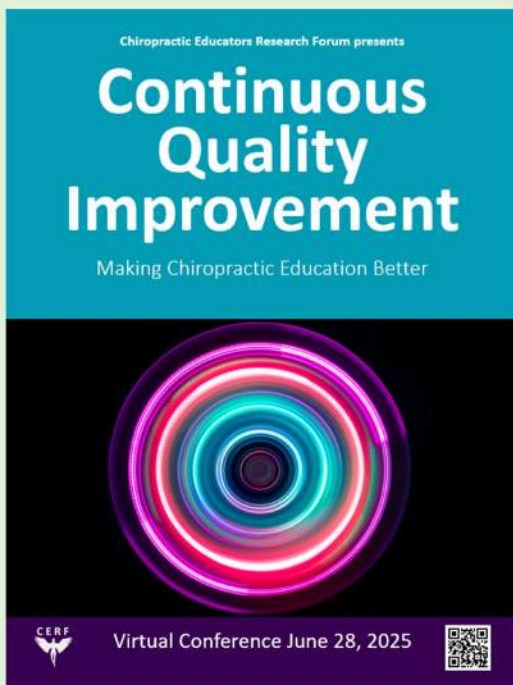
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Call for Abstracts



Successful ECCE accreditation for McTimoney College of Chiropractic Madrid

The McTimoney College of Chiropractic Madrid has been accredited by the European Council on Chiropractic Education (ECCE).

This achievement marks a pivotal moment as the Master of Chiropractic (MChiro) program in Madrid becomes the college's third center, following Oxford and Manchester, to gain this prestigious accreditation.

Notably, this is the first time that the ECCE has awarded accreditation prior to the graduation of the inaugural cohort. The ECCE panel commended several aspects of the program, including its efforts to advance the chiropractic profession in Spain, the strong collaboration with the Spanish Chiropractic Association, and a dedicated focus on student-centric education and support.

The enthusiasm demonstrated by both staff and students in establishing this new center was also highlighted during the evaluation.

This accreditation underscores McTimoney College's commitment to delivering high-quality chiropractic education across Europe. The college extends heartfelt thanks to its entire



McTimoney College of Chiropractic has facilities at three locations, including newly-accredited Madrid campus

team - both staff and students - for their hard work and dedication that made this achievement possible. Additionally, gratitude is expressed to the ECCE panel for recognizing the significance of this endeavor and for acknowledging the college's ongoing commitment to excellence in chiropractic education.

For more information about the ECCE accreditation process, interested parties are encouraged to visit the ECCE website.

UK Chiropractor and Teesside University academic awarded prestigious teaching fellowship

UK chiropractor Daniel Moore recently achieved national recognition, earning a National Teaching Fellowship in honor of his contributions to excellence in teaching and learning. As a senior lecturer and chiropractic course lead at Teesside University, Daniel is the

first chiropractor to receive this award. Reflecting on his career, Daniel said: "I've been involved in education and training for many years, as an instructor in the military working with The Parachute Regiment and as an affiliate medical tutor with the Football Association."



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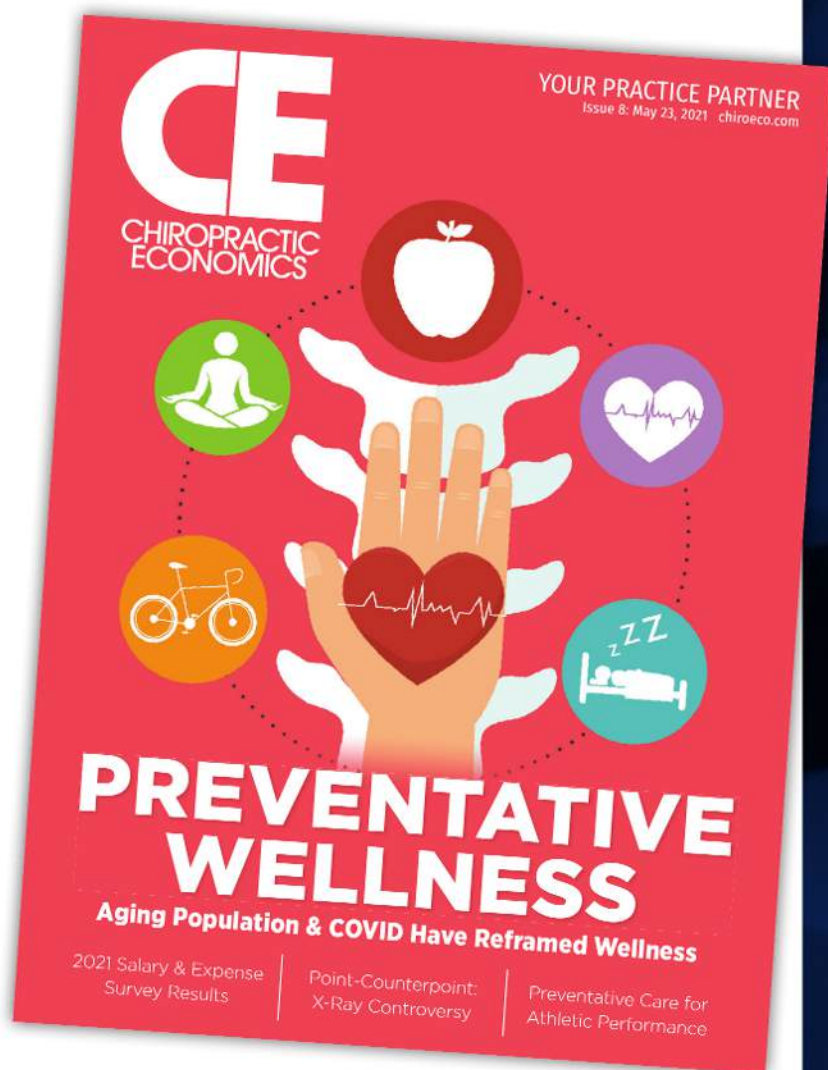
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UK Chiropractor and Teesside University academic awarded prestigious teaching fellowship



Daniel Moore, National Teaching Fellow (UK)

Since moving full-time into higher education in 2020, Daniel has developed and led Teesside's chiropractic degree, building industry partnerships to benefit education, the profession, and community stakeholders. He noted that a central goal has been strengthening the link between professional practice and education.

In addition to his role at Teesside, Daniel serves on the General Chiropractic Council's Education Committee and the Education Task Force for The Global Alliance for Musculoskeletal Health (G-MUSC).

He stated, "It is a significant privilege to be awarded a National Teaching Fellowship, and I am committed to promoting good practice widely."

The UK National Teaching Fellowship scheme, established by Advance HE, recognizes individuals in higher education who make a substantial impact on student success and educational standards. Celebrating innovation in teaching, the

fellowship highlights educators who enhance academic outcomes and champion inclusivity. Through these awards, Advance HE aims to inspire and promote best practices across UK higher education.

Daniel is one of 55 winners of the 2024 National Teaching Fellowship and Collaborative Award for Teaching Excellence (CATE). Alison Johns, Advance HE Chief Executive said: "We know that higher education has the power to transform lives, but this doesn't happen by default. Outstanding teaching is the result of knowledge, commitment, passion, energy and creativity. All of these 2024 winners demonstrate these attributes and put them into practice with excellent results."



Teesside University is located in Middlesbrough, UK



**Teesside
University**

Serving Para-Athletes in Paris: residencies at NWSU launch careers

When Jordan Knowlton-Key, DC was a first-year chiropractic student at NWSU, he asked how to work at the Olympics or Paralympics. "After following great mentors' advice and tutelage for years, I'm here!" shared Dr Knowlton-Key. He provided care to Team USA at the 2024 Paris Paralympics.

"This is a dream come true! I'm thrilled to serve our phenomenal para-athletes not only because



Jordan Knowlton-Key provided care at the 2024 Paris Paralympic Games

they are outstanding individuals, but because I don't get to work with them as often," said Dr Knowlton-Key, who works at the Lake Placid Olympic and Paralympic Training Center. "This is an unbelievable opportunity to work with these driven athletes more, and to continue my goal of life-long learning."

Working on an Integrative Team to Support Athletes

At the Games, he worked in the High Performance Center as part of an integrative sports medicine team. He provided chiropractic care, injury assessment/management, rehabilitation, manual therapy, event/practice coverage, and more.

The team included physical therapists, massage therapists, sport psychologists, athletic trainers, sports dieticians, and advanced medical practitioners. The clinic lead was a primary care sports medicine physician working closely with coaches and other support staff.

Sports Residency at NWSU

Dr Knowlton-Key always had a goal to work at the Olympics or Paralympics. He served as a sports resident at NWSU's Human Performance Center (HPC) and then stayed on in a full-time staff position to prepare. "That helped me build my foundational experience," he said. "Along with having great mentors with knowledge and resources and having opportunities to work at a lot of sports events."

Future sports chiropractic leaders continue to advance their careers through the sports chiropractic residency at the HPC. This fall, Erica Milburn, DC, joins Cree Foster, DC as sports resident.

During the two-year residency, Dr Milburn plans to finish her Certified Chiropractic Sports Physician (CCSP) and Titleist Performance Institute



Erica Milburn has embarked on a sports residency at NWSU's Human Performance Center

Serving Para-Athletes in Paris: residencies at NWSU launch careers

Certifications, gain confidence working sidelines, and create a lecture series on topics specific to female athletes. "I hope to learn how I can help athletes from day one of an injury or setback, to return to play and beyond," she shared.

New Foot Levelers Residency

Shiloh Heesch, DC, former sports resident, also accepted the new Foot Levelers Residency in the HPC, with a focus on research.

"I'm excited to continue to strive towards my ultimate goal of becoming an expert in lower extremity injury, rehabilitation, and performance." said Dr Heesch.



Shiloh Heesch is one of the new Foot Levelers residents at NWSU's Human Performance Center



Foot Levelers, provider of individually designed stabilizing custom orthotics, is sponsoring the new NWSU residencies

"There are so many pieces to the puzzle to provide the best care for our patients and not only will I be able to learn more about Foot Levelers custom stabilizing orthotics, but I'll also be able to implement their usage in research for performance."

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What is the importance of control groups in chiropractic research?

Prof. Sidney Rubinstein

Control groups are essential in any form of scientific research, and they hold particular significance in chiropractic studies. Chiropractic care, which focuses on spinal manipulation and other therapeutic techniques to improve musculoskeletal health, is widely practiced but still requires comprehensive research to validate its effectiveness and safety. The inclusion of control groups in randomized controlled trials (RCTs) is crucial to ensuring that the results are reliable, objective, and free from bias.

A control group serves as a baseline for comparison against the experimental group, which receives the chiropractic intervention being studied. The control group may receive no treatment, a placebo (a treatment designed to have no real therapeutic effect), or an alternative therapy. By comparing the outcomes between the experimental and control groups, researchers can isolate the effects of the chiropractic intervention. This comparison allows them to determine whether the observed benefits are due to the treatment itself or other variables, such as natural recovery, psychological factors, or unrelated lifestyle changes. Without this comparison, it would be impossible to conclude that chiropractic care was responsible for any observed improvements.

One of the key reasons control groups are so vital is the placebo effect. The placebo effect occurs when patients experience improvements in their condition simply because they believe they are receiving treatment, even if that treatment has no direct therapeutic value. In research, where patient perceptions of pain and mobility play a significant role, distinguishing between actual therapeutic benefits and placebo responses is essential. A well-designed control group helps

researchers to differentiate between improvements that are psychological or related to patient expectations and those directly attributable to the chiropractic intervention.

Control groups also minimize the risk of bias, particularly in studies where both patients and practitioners might have preconceived notions about the effectiveness of the intervention. In many chiropractic studies, "blinding" is used, where neither the patients nor the researchers know who is in the experimental or control group. This method reduces the likelihood that personal beliefs or expectations influence the results.



In summary, control groups are critical in chiropractic research to ensure the scientific validity of the findings. They help distinguish genuine therapeutic benefits from placebo effects and other external factors, while also reducing bias. This rigorous approach not only strengthens the credibility of chiropractic research but also helps ensure that patients receive treatments that are truly effective and supported by evidence.

**Professor Sidney Rubinstein chairs the WFC's Research Committee*

High Velocity and Low Amplitude Lumbopelvic Manipulation Effective on Dynamic Balance

Maintaining balance is important in everyday function and physical exercise. Both dynamic and static balance are relevant factors in gait, postural stability, and injury prevention. And, the ability to maintain static and dynamic balance is an important predictor of musculoskeletal injuries.

A team of authors compared the effectiveness of a protocol including high velocity and low amplitude lumbopelvic manipulation with on static and dynamic balance in healthy participants.

The results of this study showed that a single session of lumbopelvic and lower limb treatment had significant changes in dynamic balance in both legs for most of the directions at post-treatment and for some of the directions at 1-week follow-up. In addition, the results showed a small or medium effect size.

The results suggest that the protocol including high velocity and low amplitude lumbopelvic manipulation was effective on dynamic balance for most of the directions in healthy participants at post-treatment, as well as in perceived change. At 1-week follow-up, some of the improvements were maintained in dynamic balance and also in perceived change.

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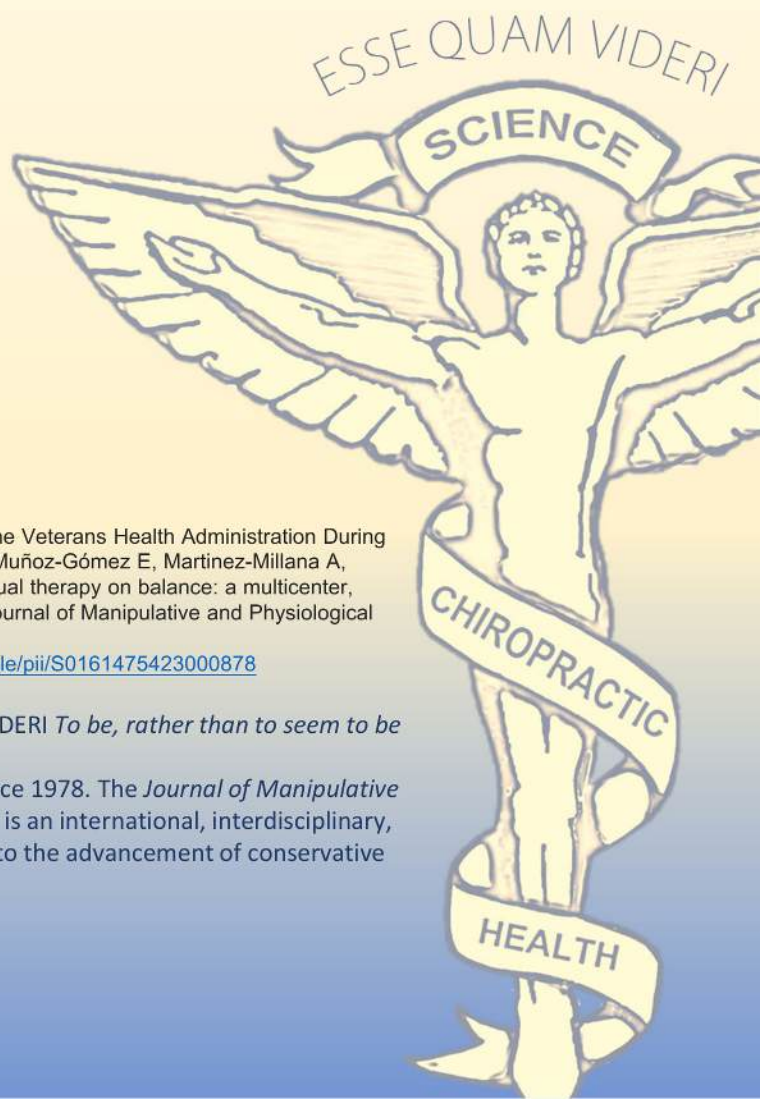
Characteristics of Chiropractic Patients in the Veterans Health Administration During Espí-López GV, Pavlu D, Arnal-Gómez A, Muñoz-Gómez E, Martínez-Millana A, Marqués-Sulé E. Short-term effects of manual therapy on balance: a multicenter, randomized, double-blind controlled trial. *Journal of Manipulative and Physiological Therapeutics*. 2023 Dec 21.

<https://www.sciencedirect.com/science/article/pii/S0161475423000878>

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Danish study finds one in five LBP patients suffer with comorbidity

A Danish study has found that people with multimorbidity (having two or more chronic diseases) often experience pain and functional limitations from musculoskeletal issues, especially low back pain (LBP).

The study looked at how often chiropractors treat patients with both LBP and multimorbidity, and how it affects their health and recovery.

Data from 2,083 patients in 10 chiropractic clinics showed that 20% had multimorbidity, with common chronic conditions such as hypertension, osteoarthritis, and migraines being prevalent.

Patients with multimorbidity reported poorer physical health, muscle strength, and balance, though they did not report higher levels of depression or anxiety.

Despite improvements over time, those with both multimorbidity and high-intensity LBP had worse outcomes and used more pain medication compared to those without chronic diseases.

Chiropractors should recognize that LBP often accompanies other health problems and may reflect broader poor health. A holistic approach, combining manual treatment, patient education, exercise, and physical activity, may better support these patients.

Reference: Rafn, B.S., Hartvigsen, J., Siersma, V. *et al.* Multimorbidity in patients with low back pain in Danish chiropractic practice: a cohort study. *Chiropr Man Therap* **31**, 8 (2023).

Chiropractors should be more involved in concussion care, study concludes

Concussions are a growing public health concern, prompting calls for updated guidelines in concussion care across Canada. A recent paper argues for the inclusion of more healthcare professionals in the assessment, diagnosis, and management of concussions.

While medical doctors (MDs) and nurse practitioners (NPs) traditionally handle these tasks, the paper highlights the important role chiropractors can play. With extensive training in musculoskeletal and neurological conditions, chiropractors are well-equipped to manage common concussion symptoms like headaches, neck pain, and dizziness.

Chiropractors also offer evidence-based treatments, including patient education, exercise therapy, manual therapy, and return-to-sport (RTS) protocols. The paper discusses regional differences in chiropractic care, particularly in Ontario where "Rowan's Law" regulates concussion management.

Limiting concussion care to MDs and NPs may lead to inefficiencies and inequities in the healthcare system, potentially delaying patient care. The paper suggests that including a broader range of healthcare professionals, like chiropractors, would improve access to care, promote efficiency, and ensure more equitable outcomes for patients with concussions.

These recommendations could help policymakers and healthcare leaders create more inclusive and effective concussion care guidelines across Canada, improving patient outcomes and access to timely care.

Reference: Cancelliere C, Howitt S, Halowski T, Jacobs C, Da Roza M, Wright D, Connell G, Yu H. Expanding concussion care in Canada: the role of chiropractors and policy implications. *J Can Chiropr Assoc.* 2024 Aug;68(2):86-97.

Surveillance study adds to body of evidence regarding adverse events

This prospective, community-based study examined the incidence and severity of adverse events (AEs) following chiropractic (n = 100) and physiotherapist (n = 50) visits in North America between October 2015 and December 2017. A total of 42 providers (31 chiropractors and 11 physiotherapists) participated in the study, with 3,819 patient visits having complete pre-treatment (T0) and post-treatment (T1) assessments. Patients were, on average, 50 years old, and 62.5% were female. The most common reason for seeking care was neck and back pain (70%), while 24.3% visited for no specific condition or for preventive care.

Out of the 2,136 patient visits with complete follow-up assessments (T2), 21.3% of patients reported experiencing an AE. These AEs were classified into different severity levels: 7.9% were mild, 6.2% moderate, 3.7% severe, and 1.5% serious, while 2% had missing severity ratings. The most frequently reported symptoms of moderate to severe AEs included discomfort or pain, stiffness, difficulty walking, and headaches.

This study provides critical insights for both patients and providers on the frequency and severity of AEs following chiropractic and physiotherapy visits. Although AEs are not uncommon (21.3% of cases), the majority are mild to moderate, and serious AEs occur relatively infrequently (1.5%). Given that the most common symptoms include pain, stiffness, and mobility issues, healthcare providers can use this information to better prepare patients for potential post-treatment effects.

Chiropractors and physiotherapists should prioritize patient education, clearly outlining the likelihood and severity of possible AEs. This can help manage patient expectations and foster better communication about potential risks. Providers may also benefit from adjusting

treatment protocols or implementing post-treatment care strategies designed to mitigate common AEs, such as discomfort or stiffness.

In terms of clinical practice, this data is invaluable for guiding conversations about the safety of treatments and could inform future risk mitigation strategies. Since AEs related to chiropractic and physiotherapy treatment can vary, ongoing monitoring and research are needed to develop methods for reducing the incidence and severity of these events, especially those classified as severe or serious. Ultimately, these findings promote patient-centered care, highlighting the importance of balancing treatment effectiveness with patient safety. This approach is vital for improving outcomes and minimizing discomfort, enhancing overall patient satisfaction, and ensuring better long-term care management.

This study also opens avenues for future research aimed at understanding how to reduce the frequency and intensity of AEs in chiropractic and physiotherapy settings. Future investigations could explore tailored interventions to mitigate the most common symptoms reported, such as pain or mobility restrictions, which would not only enhance patient safety but also improve treatment outcomes. By focusing on these areas, chiropractic and physiotherapy care can evolve into more precise, evidence-based practices that address patient well-being while minimizing risk.

Reference: Pohlman KA, Funabashi M, O'Beirne M, Cassidy JD, Hill MD, Hurwitz EL, Kawchuk G, Mior S, Ibrahim Q, Thiel H, Westaway M, Yager J, Vohra S. What's the harm? Results of an active surveillance adverse event reporting system for chiropractors and physiotherapists. *PLoS One*. 2024 Aug 19;19(8):e0309069.

Exploring the journey from basic neuroscience to clinical implications of neurophysiological effects in chiropractic care

Dr Imran Khan Niazi*

Since its inception in 1895 chiropractic care has helped millions of people in their health and function, but for many years little was understood about the mechanisms behind the changes seen in people under chiropractic care.

Basic science research, with its aim of exploring mechanisms and how something works, is an excellent field of science to help us better understand chiropractic.

In New Zealand, the journey to understand the neurophysiological mechanisms of chiropractic care began some 20 years ago, when Dr Heidi Haavik, with the guiding expertise of Professor Bernadette Murphy, embarked on a path of rigorous basic science research.

This initial work was firmly rooted in fundamental neuroscience, focusing on understanding the immediate neurophysiological effects of chiropractic adjustments. As time progressed, the team grew and we collaborated with experts from various fields and employed increasingly robust methods and techniques in our basic science work.

The neurophysiological methods used are highly sensitive and capable of picking up subtle changes from the chiropractic adjustments that can be



Dr Imran Khan Niazi

differentiated from brain activity associated with other sensory input.

These early studies, primarily designed as pre-post single session experiments, aimed at elucidating immediate neurophysiological changes following adjustments of subluxations.

Through this early research work it quickly became apparent that the effects of the chiropractic adjustments were not occurring at the spinal level but primarily at a cortical level [1-9]. From there, subsequent research studies all showed the same things, i.e. that adjustments of vertebral subluxations led to cortical changes, and a theory soon emerged.

This theory, that vertebral subluxations perturb the afferent information from the spine to the brain and lead to ongoing maladaptive central neuroplastic changes, and that adjustments have the potential to reverse this, has since been the



Chiropractic Students' Intentions, Motivations, and Considerations for Emigration

The authors present a study that investigated the emigration intentions of South African senior chiropractic students upon graduation, emphasizing motivations and considerations guiding migration decisions.

The authors explain that "Brain drain describes the loss of skilled health professionals from less developed countries to more developed ones, which refers to the measurable loss of intellectual and technical talent, typically from less developed countries to more developed ones offering superior working conditions and economic opportunities. Consequences of brain drain include shortages in healthcare systems, reduced access to services, and economic consequences despite investment in human capital development. Intentions to emigrate stem from push and pull factors. Push factors are defined as factors that encourage people to leave their home countries, and pull factors are described as factors that draw people to foreign countries. Push and pull factors can be categorized further into 3 levels, specifically, macro level (global and national factors), meso level (professional factors), and micro level (personal factors)."

They found that 75.5% of South African chiropractic senior students intended to emigrate. Motivations for emigration included improved quality of life and seeking of opportunities. Economic instability in South Africa (SA) (82.7%) and concern for the National Health Insurance implementation (57.7%) serve as a significant push factor, whereas economic stability abroad (85.7%) emerged as a key pull factor.

The authors state that "Understanding these dynamics is crucial for developing effective retention strategies and addressing socio-economic challenges."

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Ismail F, Coetzee C. South African chiropractic students' intentions, motivations, and considerations for emigration: A cross-sectional study. *Journal of chiropractic humanities*. 2024 Dec 1;31:8-19.
<https://doi.org/10.1016/j.echu.2024.04.001>



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Exploring the journey from basic neuroscience to clinical implications of neurophysiological effects in chiropractic care

focus of the research work of the Centre for Chiropractic Research (CCR) at the New Zealand College of Chiropractic (NZCC).

As our understanding grew, so did the sophistication of our research methods. It was important to use a control group in these research studies to account for the possible effects of the patient-practitioner relationship and the proprioceptive input from moving someone into various positions to be adjusted.

The results have always been consistent, the changes seen in the brain only occur in the intervention group, not the control group.

Regardless of your opinions on the role of chiropractic in healthcare, most of us agree that the underlying goal is to improve a person's health, quality of life and function. So, our current focus on the effects of chiropractic care on the brain are to better understand how these brain changes relate to clinical outcomes.

Our journey from pure basic science studies to now also including clinical relevance continues, with many manuscripts in progress and under review that explore how the changes in brain function we have observed translate into real-world benefits for patients [10].

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*Dr Imran Khan Niazi is a member of the WFC Research Committee



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Building chiropractic education research capacity: CERF update September 2024

The Chiropractic Educators Research Forum (CERF) is pleased to serve all regions around the world. CERF is a volunteer run organization created for chiropractic program faculty, staff, and administrators to build education research capacity and to develop and advance academic scholarship. CERF provides opportunities for chiropractic and other health professions educators to develop their skills, present new knowledge, and engage in scholarly activities.



Chiropractic Educators Research Forum

- Since it began in 2020, CERF has provided opportunities for
- **723** attendees to learn more about important topics relevant to education
 - **131** faculty members to make education research abstract presentations
 - **142** peer reviewers to engage in the scholarship of peer review

And not only are people engaging and contributing, but their work is documented and published so that others may continue to learn from their efforts.

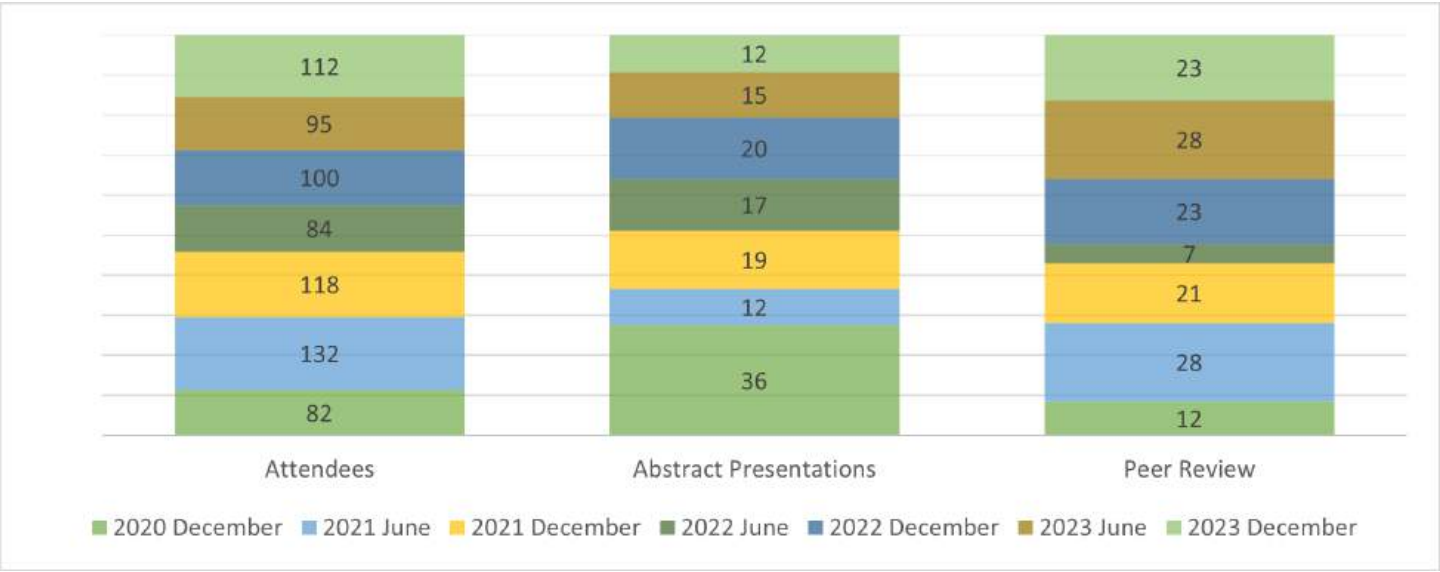
Recent CERF conferences have addressed critical issues facing chiropractic. The proceedings include

video links so presentations may be viewed.

- Battling Burnout: Raising Resilience in Education <https://doi.org/10.7899/JCE-23-30>
- Keeping It Real: Practice Relevant Education <https://doi.org/10.7899/JCE-23-24>
- Rise of Faculty Scholars: Building Capacity for a Stronger Future <https://doi.org/10.7899/JCE-22-26>
- Academic Integrity for All: Building Better Professionals <https://doi.org/10.7899/JCE-22-15>

The CERF mission is to build scholarship and research capacity for chiropractic educators throughout the world. Membership is free. CERF thanks and recognizes WFC for its sponsorship.

<https://www.cerfweb.org>.



Summary of CERF conference activity 2020-2023

Embedding safety-focused protocols in clinic standard operating procedures

Dr Brian Coleman*

For anyone who has experience with air travel, the concept of embedding safety protocols in standard operating procedures (SOPs) is evident. Before take-off, flight attendants conduct a series of checklist items all focused on ensuring the safe transport of the travelers on board – from seatbelt and oxygen mask demonstrations to a row-by-row check for fastened seatbelts, upright chair positions, and secured tray tables.

“Behind-the-scenes”, simultaneous pre-flight safety checklists are being carried out in the cockpit by the pilots, ensuring, point-by-point, that the aircraft system is functioning optimally. The airline industry is often cited as the prime example of a high-reliability industry with attention on safety because of these SOPs.

The United States Institute of Medicine (now the National Academy of Medicine) published a landmark report in 1999 called “To Err is Human”, which concluded that patient safety events in healthcare frequently occur because of poorly designed systems, including the lack of focused SOPs, and not through individual fault. Since 1999, the push for advancing patient safety across all of healthcare has continued – including in the chiropractic profession.

Adopting SOPs, as the airline industry has, affords two primary benefits: 1) the system can reduce risk of safety events and 2) there is an opportunity to learn and be responsive when safety mechanisms prevent failure.

SOPs may integrate within the patient encounter micro-environment or the overall clinic macro-environment in which the patient encounter occurs.

SOPs in the patient encounter includes conducting appropriate history and examination that rule out

probable or suspected underlying conditions that may require additional management. SOP across the clinical environment includes, for example, cleaning procedures to ensure hygienic care delivery.

Once SOPs are adopted, continuous reflection on their structure within the overall system is an essential action to maintain responsiveness and resilience.

The chiropractic profession can create a high-reliability environment in clinical practice by adopting SOPs to enhance patient safety aligned with both the “Safety I” and “Safety II” approaches (Hollnagel, et al.).

These approaches are complementary and allow reflection on both the occurrence of safety events (Safety I) and on learning from the many cases where things go right to prevent a safety event (Safety II).

With SOPs in place, Safety II can be highlighted and shared across healthcare professions to demonstrate that everyday chiropractic clinical practice is focused on patient safety management and is proactive to achieve optimal patient safety outcomes.

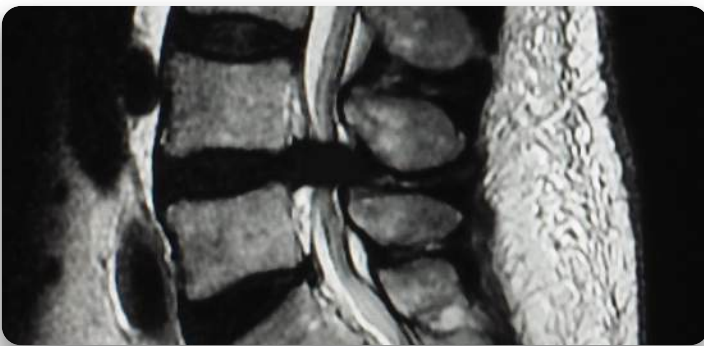
Reference

Hollnagel E., Wears R.L. and Braithwaite J. From Safety-I to Safety-II: A White Paper. The Resilient Health Care Net: Published simultaneously by the University of Southern Denmark, University of Florida, USA, and Macquarie University, Australia
https://bit.ly/safety_focused_protocols

**Dr Brian Coleman is a member of the WFC Research Committee*

Chiropractic spinal manipulation does not elevate risk of cauda equina syndrome, study concludes

A recent study examined whether chiropractic spinal manipulation (CSM) raises the risk of cauda equina syndrome (CES) in adults with low back pain (LBP) compared to physical therapy (PT) without spinal manipulation. CES, a rare but serious condition requiring immediate surgery, has been linked to CSM in some case reports. Researchers analyzed health records from over 107 million U.S. patients, comparing 67,220 who received CSM to a matched PT group.



Results showed no increased CES risk for CSM patients; CES occurred in 0.07% of the CSM group and 0.11% of the PT group, with a risk ratio of 0.60. Both groups experienced higher CES rates within two weeks, suggesting LBP itself may elevate CES risk regardless of treatment. The findings emphasize the importance of early CES symptom identification and timely surgical referral. Further research is recommended to confirm these results.

Reference: Trager RJ, Baumann AN, Perez JA, Dusek JA, Perfecto RT, Goertz CM. Association between chiropractic spinal manipulation and cauda equina syndrome in adults with low back pain: Retrospective cohort study of US academic health centers. *PLoS One*. 2024 Mar 11;19(3):e0299159. doi: 10.1371/journal.pone.0299159. PMID:

New literature review highlights HVLA impacts on facet joint space and stiffness

A newly published systematic review of the literature has concluded that the application of high velocity, low amplitude (HVLA) manipulation of the spine is likely to result in slight movement of the facet (zygapophyseal) joints as well as giving rise to a measurable change in stiffness immediately following manipulation.

The study, published in *Chiropractic and Manual Therapies* and authored by an international, multidisciplinary team of 14 experts, found that there was very little by way of credible literature on the subject of immediate anatomical or postural changes in response to manually applied HVLA manipulation, with 20 articles (10 controlled studies and 10 uncontrolled studies) being selected for review.

The reviewed studies covered a range of parameters with only 8 articles being considered credible in terms of methodology and outcomes. These indicated that following HVLA manipulation (alone and not combined with any other therapeutic intervention), lumbar facet joint space increased and spinal stiffness reduced.

The authors concluded that these two observable changes should form the basis of future research.

Reference: Young, K.J., Leboeuf-Yde, C., Gorrell, L, et al. Mechanisms of manipulation: a systematic review of the literature on immediate anatomical structural or positional changes in response to manually delivered high-velocity, low-amplitude spinal manipulation. *Chiropr Man Therap* 32, 28 (2024).

Study highlights socioeconomic disparities in chiropractic care access in Denmark

A recent study in Denmark examined social inequity in chiropractic utilization, highlighting disparities that persist even after adjusting for health status. Utilizing data from the Danish National Health Survey in 2010 and 2017, the study included 288,099 individuals aged 30 and older. Researchers investigated the impact of socioeconomic factors - educational level, employment status, and income - on chiropractic care use, while adjusting for health status measures such as musculoskeletal pain and

chronic conditions.

The findings revealed that individuals with higher income, employment, or short to long-term education had significantly higher odds of utilizing chiropractic services compared to those with lower socioeconomic status. The concentration index indicated that income and employment status contributed more to inequity than educational level.

This research highlights that despite similar health needs, chiropractic utilization is skewed toward individuals with higher

socioeconomic status. These inequities suggest that new strategies are necessary to achieve equal access to chiropractic care in Denmark.

This study underscores the need for policy interventions to address socioeconomic barriers and ensure equitable healthcare access for all population groups.

Reference: Bihrmann, K., Pedersen, M.T., Hartvigsen, J. *et al.* Social inequity in chiropractic utilisation – a cross-sectional study in Denmark, 2010 and 2017. *Chiropr Man Therap* **32**, 27 (2024).

Walk to prevent back pain, concludes study

A new Australian study, WalkBack, offers chiropractors a cost-effective tool to help prevent low back pain through a combination of education and regular walking. The randomized controlled trial involved 701 adults who had experienced non-specific low back pain in the past six months. Participants were split into two groups: an intervention group that received physiotherapy, education about pain, and a personalized walking plan (targeting 30 minutes, five days a week for six months), and a control group that received no treatment.

The study found that the intervention group experienced a 28% reduction in the recurrence of activity-limiting low back pain and a 43% decrease in the need for professional care due to back pain. The median pain-free period was 208 days for the intervention group, compared to 112 days for the control group.

Walking, being low-cost and accessible, provides an attractive treatment option for patients of all financial backgrounds. It not only helps prevent low back pain recurrence but also contributes to overall well-being, improving mood, sleep, and reducing the risk of chronic diseases. This study highlights walking as a simple yet powerful strategy to enhance public health and reduce healthcare costs.

Reference: Pocovi N C, Lin C-W C, French S D, Graham P L, van Dongen J M, Latimer J, Merom D, Tiedemann A, Maher C G, Clavisi O, Tong S Y K, Hancock M J. Effectiveness and cost-effectiveness of an individualised, progressive walking and education intervention for the prevention of low back pain recurrence in Australia (WalkBack): a randomised controlled trial. *The Lancet*, June 2024.



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